THE Accomplisht Ladys Delight.

In Preſerving, Phyſick, Beautifying *and* Cookery.

THE
Accomplish't Ladys
Delight
In Preserving, Pickling, Beau-
tifying and Cookery.

THE ACCOMPLISH'D LADY'S DELIGHT

In Preſerving, Phyſick, Beautifying, and Cookery.

CONTAINING

I. The ART of PRESERVING and CANDYING Fruits & Flowers, and the making of all ſorts of Conſerves, Syrups, and Jellies.

II. The PHYSICAL CABINET, Or, Excellent Receipts in Phyſick and Chirurgery; Together with ſome Rare Beautifying Waters, to adorn and add Lovelineſs to the Face and Body: And alſo ſome New and Excellent Secrets and Experiments in the ART of *ANGLING.*

III. The COMPLEAT COOKS GUIDE, Or, Directions for Dreſſing all ſorts of Fleſh, Fowl, and Fiſh, both in the *Engliſh* and *French* Mode, with all Sauces and Sallets; and the making Pyes, Paſties, Tarts, and Cuſtards, with the Forms and Shapes of many of them.

LONDON,
Printed for *B. Harris*, and are to be Sold at his Shop, at the *Stationers* Arms in *Swithins* Rents by the Royall Exchange 1675

To the Ladies & Gentlewomen.

Ladies,

THough there have been many Books Extant of this kind, yet I think something hath been deficient in them all, I have therefore adventured to make another, which I suppose comprehends all the Accomplishments necessary for Ladies, in things of this Nature. For you have here

1. The Art of Preserving and Candying all Fruits and Flowers, as also of making Conserves, both wet and dry, and also the preparing of all sorts of Syrups, Jellies, and Pickles.

2. Here are some Excellent Receipts in Physick and Chirurgery, for Curing most Diseases incident to the Body. Together with some Rare Beautifying Waters, Oyls, Oyntments, and Powders, for Adornment of the Face and Body, and to cleanse it from all Deformities

that may render Perſons Unlovely; There are alſo added ſome Choiſe Secrets and Experiments in the Art of Angling; a Recreation which many Ladies delight in, and is not therefore thought altogether improper in a Book of this Nature.

Laſtly, You have here a Guide To all manner of Cookery, both in the Engliſh *and* French *Mode, with the preparing all kind of Sallets and Sauces proper thereunto. Together with Directions for making all ſorts of Pyes, Paſties Tarts, and Cuſtards, with the Forms and Shapes of many of them to help your Practice, with Bills of Fare upon all Occaſions. So that in the whole, I hope it may deſerve the Title of the* Accompliſh'd Ladies Delight, *and may acquire Acceptance at your fair Hands, whereby you will very much encourage and Oblige,* Ladies,

Your very Humble Servant,
and Admirer, T. P.

THE

THE

Art of Preſerving, Conſerving, and Candying, Fruits and Flowers, as alſo of making all ſorts of Conſerves, Syrups and Jellies.

1. *To make Quince Cakes.*

BAke your Quinces in an Oven with ſome of their own juyce, their own Coars being cut and bruiſed, and put to them, then weigh ſome of this juyce with ſome of the Quince, being cut into ſmall pieces, taking their weight in Sugar, and with the Quince ſome quantity of the juyce of Barberies,

then take the clearest Syrup and let it stand on the Coals two or three hours, and let them boyl a little on the fire, then Candy the rest of the Sugar very hard, and so put them together, stirring it while it is almost cold, and so put it into Glasses.

2. *To make Conserve of Barberries.*

When the stalks are pickt off, boyl them in fair water till they swell, and be very soft, then bruise them in a morter, then strain them, and boyl them again by themselves, then take for every pound of them two pound of Sugar, and boyl them together but not too long, for then it will gripe.

3. *To make Conserve of Roses.*

Take of the buds of red Roses and slip away the white ends, and then slip the rest of the Rose as small as you can, and beat them fine in a marble morter; and put to every pound of Roses, three pound and a half of Sugar, then put it up in a Gally-pot and set it in the Sun for a fortnight.

4. *To make Cinnamon Water.*

Take a quart of White-wine, a quart of Rose-water, a pint of Muscadine, half a pound

pound of Cinamon bruiſed, lay the Cinamon to ſteep in the wine twelve hours ſtirring them now and then afterward put them into an Alerubick and ſtill them with a gentle fire, and you may draw off from it three pints: But if you will not have it ſtrong, inſtead of Muſcadine put in ſo much Roſe-water or White-wine.

5. *To preſerve Quinces white.*

Take to every pound of Quince, a pound and a quarter of Sugar, clarifie this Sugar with the white of an Egg, coar your Quinces, but not too much, then put this Sugar, and Water, and Quince being raw together, and ſo make them boyl ſo faſt that you can ſee no Quince, but forget not to turn them, and take off what ſcum you can keep them boiling thus faſt till you think they are enough.

6. *To preſerve Raſpices.*

Take of the faireſt and well coloured Raſpices, and pick off their ſtalks very clean, then waſh them, but be ſure not to bruiſe them; then weigh them, and to every pound of Raſpices, put ſix ounces of hard Sugar, and ſix ounces of Sugar-Candy, and clarifie it with half a pint of fair water, and

four ounces of juice of Raſpices being clarified: boyl it to a weak Syrup, and then put in your Raſpices ſtiring them up and down, and ſo let them boyl till they are enough, and you may keep them all the year.

7. *To make Mackroons*

Take Almonds, blanch them, and beat them in a Morter, with ſerced Sugar mingled therewith, with the white of an Egg, and Roſe-water, then beat them altogether till they are thick as Fritters, then drop it upon your Wafers, and bake it.

8. *To Preſerve Cherries.*

Take ſome of the worſt Cherries and boil them in fair water, and when the liquor is well coloured ſtrain it, then take ſome of the beſt Cherries you can get, with their weight in beaten Sugar, then lay one laying of Sugar, and another of Cherries, till all are laid in the Preſerving pan; then pour a little of the liquor of the worſt Cherries into it, boil your Cherries till they be well coloured, then take them up, and boil the Syrup till it will button on the ſide of the diſh, and when they are cold put them up

in

in a Glass covered close with paper, untill you use them.

9. *To make Conserve of Oranges and Lemons, or Pippins.*

Boil any of these fruits, as you would do to make past thereof and when it is ready to fashion upon the Pye plate, then put it into your Gally-pots, and never dry it; and this is all the difference betwixt Conserve and Past, and this serves for all hard fruits, as Pippins, Oranges and Lemmons.

10. *To make Symbals.*

Take fine flower dry'd, and as much Sugar as flower, then take as much whites of Eggs as will make it Past; put in a little Rose-water, with a quantity of Coriander-seed and Anniseed, then mould it up in the fashion you will bake it in.

11. *To make Syrup of Clove-gilli-flowers.*

Take a pound of Clove-gilli-flowers, the whites being cut off, infuse them a whole night in a quart of fair water, then with four pound of Sugar dissolved in it, make it into a Syrup wishout boiling.

12. To *make Syrup of Violets.*

Take of Violet flowers fresh and pickt, a pound, clear water boiling one quart, shut them up close together in a new glazed pot a whole day, then press them hard out, and in two pound of the Liquor, dissolve four pound and three ounces of white Sugar, take away the scum, and so make it into a Syrup without boiling.

13. To *make Marmilade of Quinces.*

Take a pottle of water, and four pound of Sugar, and let them boyl together, and when they boyl, scum them as clean as you can, then take the whites of two or three eggs and beat them to froath, put the froath into the pan to make the scum rise, then scum it as clean as you can; take off the Kettle and put in the Quinces, and let them boil a good while and stir them, and when they are boiled enough put them into boxes.

14. To *make Hippocras.*

Take a gallon of White-wine, two pound of Sugar; and of Cinamon, Ginger, long Pepper, Mace not bruised, Grains, Galingal Cloves not bruised, of each two pennyworth, bruise every kind of spice a little, and

and put them all together into an earther pot for a day, then caſt them through your bags two or three times, as you ſee cauſe and ſo drink it.

15. *To make Almond Butter.*

Take your Almonds and blaunch them, and beat them in a morter very ſmall, and in beating put in a little water, and when they are beaten pour in water into two pots and put half into one and half into another, put Sugar to them and ſtir them, and let them boil a good while; then ſtrain it through a ſtrainer with Roſe-water, and ſo diſh it up.

16. *To preſerve Quinces red.*

Pare your Quinces, and coar them; then take as much Sugar as they weigh, putting to every pound of Sugar one quart of water, boil your Quinces therein very leaſurely being cloſe covered, turn them to keep them from ſpotting; and when they are ſo tender that you may prick a hole through them with a ruſh and that they are well coloured, then boil the Syrup till it will button on a diſh and ſo put your Syrup and them up together.

17 *To pickle Cucumbers.*

Waſh your Cucumbers clean and dry them in a cloath, then take ſome Water, Vinegar, Salt, Fennel tops, and ſome Dill tops, and a little Mace, make it faſt enough and ſharp enough to the taſt, then boil it a while, and then take it off, and let it ſtand till it is cold, then put in the Cucumbers, and lay a board on the top to keep them down, and tye them up cloſe, and within a week they will be fit to eat.

18. *To Candy Pears, Plumbs and Apricocks to look as clear as Amber.*

Take your Apricocks or Plumbs, and give every one a cut to the ſtone in the notch, then caſt Sugar on them and bake them in an Oven as hot as for Maunchet cloſe ſtopt, bake them in an earthen Platter and let them ſtand half an hour, then take them out of the diſh, and lay them one by one upon glaſs plates, and ſo dry them; if you can get glaſſes made like Marmalet Boxes to lay over them, they will be the ſooner Candyed. In this manner you may candy any other fruit.

19. *To*

19. *To preserve Oranges.*

Take a pound of Oranges, and a pound of Sugar, pill the outward rind, and inward white skin off then take juice of Oranges and put them into the juice, boil them half an hour and take them off.

20. *To make Oyl of Violets.*

Set the Violets in Sallad Oyl, and strain them, then put in other fresh Violets and let them lye twenty days, then strain them again and put in other fresh Violets, and let them stand all the year.

21. *To mak cream of Quinces.*

Take a roasted Quince, pare it and cut it into thin slices to the coar, boyl it in a pint of cream with a little whole Ginger, till it taste of the Quinces to your liking, then put in a little Sugar and strain it, and always serve it cold to the Table.

22. *To make a March-pan,*

Steep two pound of picked Almonds one day and two nights in fair water, and blaunch them out of it, then

beat them well in a morter, and bedew them with Rose-water, put to your Almonds so many pound of Sugar, and beat your Sugar with your Almonds; then make very fine crust either of past or wafer, and sprinkle it with Rose-water and Sugar; then spread the stuff on it, and bake it at a very soft fire, always bedewing it with Damask-water, Civet, and Sugar; and lastly with a gut of Dates guilt or long Comfits guilt, or with Cinamon-sticks guilt, or the kernels of the Pine-apple and so set it forth.

23. *To make Almond Milk.*

Boyl French Barley, and as you boyl it cast away the water wherein it was boil'd, till you see the water leave to change colour; as you put in more fresh water, then put in a bundle of Straw-berry leaves, and as much Cullumbine leaves, and boyl it a good while; then put in beaten Almonds and strain them, and then season it with Sugar and Rosemary, then strew some Sugar about the dish, and send it to the Table.

24. *To preserve Apricocks, or Pear-plumbs when they are green.*

You may take any of these fruits and scald

ſcald them in water and peel them, and ſcrape the ſpungy ſubſtance of the Apricocks or Quinces, ſo boyl them very tender, taking their weight in Sugar, and as much water as to cover them, and boyl them very leaſurely; then take them up and boil the Syrup till it be thick, and when they are cold put them up with your Syrup into your preſerving Glaſſes.

25. *To pickle French Beans.*

You muſt take your Beans and ſtring them boyl them tender; then take them off, and let them ſtand till they are cold, put them into the pickle of Beer Vinegar, Pepper and Salt Cloves and Mace with a little Ginge.

26. *To make an excellent Jelly.*

Take three gallons of fair water, and boil in it a knuckle of Veal, and two Calves feet ſlit in two, with all the fat clean taken from between the claws, ſo let them boil to a very tender Jelly keeping it clean ſcumd, and the edges of the pot always wiped with a clean cloath, that none of the ſcum may boil in, ſtrain it from the meat, and let it ſtand all night, and the next morning take away the top and the bottom,

com, and take to a Quart of this Jelly, half a pint of Sherry sack, half an ounce of Cinamon, and as much Sugar as will season it, six whites of Eggs very well beaten, mingle all these together, then boil it half an hour, and let it run through your Jelly bag.

27. To *make Aqua-Mirabilis.*

Take of Cloves, Galanga, Cubebs, Mace, Cardamums, Nutmegs, Ginger, of each one dram; juice of Celandine half a pound, Spirit of Wine one pint, White-wine three pints, infuse them twenty four hours, and draw off a Quart with an Alembick.

28. Dr. *Stevens Water.*

Take of Cinamon, Ginger, Galanga, Cloves, Nutmegs, Grains of Paradise, seeds of Annis, Fennel, Carraways, of each one dram; herbs of Time, Mother of Time, Mints, Sage, Penny-royal Pellitory of the Wall, Rosemary, Flowers of Red Roses, Camomile, Origanum, Lavender, of each one handful, infuse them twelve hours in welve pints of Gascoign wine, then with an Alembick draw three pints of strong-water from it.

29. To

29. *To make good cherry Wine.*

Take the Syrup of Cherries, and when it hath ſtood a while bottle it up, and tye down the Cork, and in a ſhort time it will be very good pleaſant Wine.

30. *To make Wafers.*

Take a pint of flower, a little cream the yolks of two Eggs, a little Roſe-water, with ſome ſearced Cinamon and Sugar work them together, and bake them upon hot Irons.

31. *To Preſerve Grapes.*

Stamp and ſtrain them, let it ſettle a while, before you wet a pound of Sugar or Grapes with the juice, ſtone the Grapes, ſave the liquor, in the ſtoning take off the ſtalks give them a boiling, take them off, and put them up.

32. *To Pickle Purſlain.*

Take the Purſlain, and pick it into little pieces, and put it into a Pot or Barrel, then take a little water, Vinegar and Salt to your taſt, it muſt be pretty ſtrong of the Vinegar and Salt, and a little Mace

Mace, and boil all these together, and pour this liquor boiling hot into the Parslain, and when it is cold tye it close, but lay a little board on the top to keep it down; and within a week or two it is fit to eat.

33. *To preserve green Walnuts.*

Boil your Walnuts till the water tast bitter, then take them off, and put them in cold water, and pill off the bark, and weigh as much Sugar as they weigh and a little more water then will wet the Sugar, set them on the fire, and when they boil up take them off, and let them stand two days, and then boil them again once more.

34. *To preserve Currants.*

Part them in the tops, and lay a lane of Currants, and a lane of Sugar, and so boyl them as fast as you do Rasberries, do not put them in the spoon but scum them, boil till the Syrup be pretty thick; then take them off, and let them stand till they be cold and put them into a glass.

35. *To make Goose berry Cakes.*

Pick as many Goose-berries as you please and put them into an earthen Pitcher and

and set it in a kettle of water till they be soft, and then put them into a sive, and let them stand till all the juice be out, and weigh the juice, and as much Sugar as Syrup, first boyl the Sugar to a Candy, and take it off, and put in the juice and set it on again till it be hot and take it off, and set them in the Press till they be dry, then they are ready.

36. *An excellent broath.*

Take a Chicken and set it on the fire, and when it boils scum it, then put in a Mace, and a very little Oatmeal, and such herbs as the party requires, and boil it well down, and bruise the Chicken and put it in again and it is good broath: and to alter it you may put in six Prunes, and leave out the herbs or put them in as you please, and when it is well boyled, strain it and season it.

37. *To make Angellets.*

Take a quart of new milk, and a pint of cream and put them together in a little Runnel, when it is come well take it up with a spoon, and put it into the Vate softly, and let it stand two days till it be pretty stiff; then slip it out and salt it a little at both ends

ends, and when you think it is salt enough set it a drying, and wipe them, and within a quarter of a year they will be ready to eat.

38. To make Jelly of Harts-horn.

Take four ounces of the shavings of Harts-horn of the inside, and two Ale-quarts of water, put this in a Pipkin, and boil it very gently till it come to a quart, the Harts-horn must be steeped 3 or 4 hours first afterwards put a little into a Saucer till it be cold, and if it be cold and Jellieth it is boil'd enough; Then being warm take it off the fire, and strain it hard through a cloath, and set it a cooling till it be hard Jelly. then take two whites of eggs, and beat them very well, or with a sprigg of Rosemary or birch, (but not with a spoon), till a water come in the bottom, then put these beaten eggs and the water thereof into a skillet and all the Jelly upon it, with three spoonfuls of damask Rose-water, and a quarter of a pound of Sugar, and when it boils, stir and lay it pretty well, then strain it through a cloath and let it cool, and of this take four spoonfuls in the morning fasting, and four a clock in the afternoon, and this is excellent good for the weakness of the back.

40. To

40. *To preſerve Damſons red, or black Plumbs.*

Take their weight in Sugar, and water enough to make a Syrup to cover them, ſo boil them a little therein being cloſe covered turning them for ſpotting, let them ſtand all night in their own Syrup, then ſet them upon a pot of ſeething water, and ſuffer your Plumbs to boyl no faſter then the water under them; and when they are both ſweet and tender take them up, and boil the Syrup again till it be thick, then put up your Plumbs and it together in your preſerving glaſſes.

41. *To make Roſemary water.*

Take the Roſemary and the flowers in the midſt of *May* before Sun-riſe, ſtrip the leaves and flowers from the ſtalks, then take 4 or 5 Elecampana roots, and a handful or two of ſage, then beat the Roſemary, ſage and roots together, till they be very ſmall, then take three ounces of Cloves & as much Mace, and half a pound of Anniſeeds, and beat theſe ſpices every one by themſelves then take the herbs and the ſpices, and put thereto 4 or 5 gallons of good White-wine, then put in all theſe herbs, ſpices and wine into

into an earthen Pot, and put the Pot into the ground about sixteen days, then take it up and distil it with a very soft fire.

43. *To make Pomatum.*

Take fresh Hogs suet cleans'ed from the films and washt in White-wine one pound and as much sheeps suet washt in White-wine, then take about sixteen Pomwater Apples cleans'ed and boyl'd in Rose-water; add to these Rose-wood, Sassafras, Roots of *Orrice Florentine* of each six drams, of *Benzoin, Storax Calamita* half an ounce of each and so make it into an Oyntment.

44. *To make Oyl of sweet Almonds.*

Take dryed sweet Almonds as many as you please, beat them very small and put them into a rough hempen cloath and without fire by degrees press out the Oyl.

45. *An excellent Water against fits of the Mother.*

Take Briony-roots, Elder-berries ripe, and drest at a gentle heat in a furnace and cleans'd from their stalks, of each two ounces; leaves of Mugwort, Dittany, Feathersew, Nep, Basil, Penny-royal, Rue, Sabine, all dryed in the Sun, of each half an

an ounce, peels of Oranges the out-side dry'd an ounce and a half, Myrrh, Castoreum, of each three drams, Saffron one dram; powder them and steep them eight days in two quarts of the spirit of Wine; then strain through a very quick hair strainer, keep the strained liquor in a glass very well stopt.

46. *To make Syrup of Wormwood.*

Take Roman Wormwood, or Pontick Wormwood half a pound, of red Roses two ounces, Indian spike three drams; old rich White-wine and juice of Quinces of each two pints and a half, bruise them in an earthen Vessel twenty four hours, then boil them till half be wasted, strain it, and put to the straining two pounds of Sugar, and boil it to a Syrup.

47. *To make conserve of Quinces.*

Take three quarts of the juyce of Quinces clarified, boil it until two parts be waited then put to it two pounds of white Sugar, then boil them to the thickness of Honey.

48. *To make Syrup of Poppies.*

Take the heads and seeds of white Poppy and black, of each fifty drams, Venus hair

fif-

fifteen, Licorice five drams, Jujubes thirty Drams; Lettice seeds forty drams, and of the seeds of Mallows; and Quinces tied up in a fine rag, of each one dram and half; boil them in eight pints of water, untill half be wasted, strain it, and to every three pound of liquor put thereto Perrides, & Sugar of each 1 pound; boil them to a Syrup.

49. *To make honey of Roses.*

Take of pure white honey dispumed, fresh juice of red Roses one pound, put them into a Skillet, and when they begin to boil, throw into them of fresh red Rose leaves picked, four pounds, and boil them untill the juice be wasted; always stirring it, then strain it, and put it up in an Earthen pot.

50. *To make Syrup of Lemmons.*

Take of the juice of Lemmons purified by going through a Woolen strainer with crushing, three quarts and an half, and of white Sugar five pound; boil them with a soft fire to a Syrup.

51. *To make Spirit of Wine.*

Take of good Claret, or White-wine, or Sack, enough to fill the Vessel, wherein you make your distillation to a third part, then put on the head furnished with the

Nose

Nose or Pipe, and so make your distillation first in ashes, drawing about a third part from the whole; as for example, six or eight pints out of four and twenty, then still it again in *B. M.* drawing another third part, which is two pints, so that the oftner you distil it, the less liquor you have b t the more strong, some use to rectifie it seven times.

52. *To make Syrup of Maiden-hair.*

Take of the herb Maiden-hair, fresh gathered and cut a little, five ounces; of roots of Licorish scraped two ounces, steep them twenty four hours in a sufficient quantity f hot water then boil them according to art; Add four pounds of Sugar to five pints of the clarified liquor, and then boil them to a Syrup.

53. *To make Syrup of licorish*

Take of the Roots of licorish scraped two ounces of colts-foot four handfuls, of Maiden-hair one ounce of Hyssop half an ounce, infuse them twenty four hours in a sufficient quantity of water, then boil them till one half be wasted, add to the strained liquor, a pound of the best clarified honey, and as much white Sugar, boil them to a Syrup

54. *To*

54. *To make the Kings perfume.*

Take six spoonfuls of Rose-water, and as much Amber-greece as weigheth two Barley-corns, and as much Civet, with as much Sugar as weigheth two pence beaten in fine powder; all these boiled together in a perfuming pan is an excellent perfume.

55. *The Queens perfume.*

Take four spoonfuls of spike-water, and four spoonfuls of Damask water, thirty cloves, and eight bay leaves shred as much Sugar as weigheth two pence; all these boiled make a good perfume.

56. *King Edwards perfume to make your house smell like Rosemary.*

Take three spoonfuls of perfect Rosemary, and as much Sugar as half a Walnut beaten in small powder; all these boiled together in a perfuming Pan upon hot Embers with a few coals is a very sweet perfume.

57. *To make conserve of Rosemary.*

Take your flowers of Rosemary, which you may gather either in *March* or *Sep-*

tem-

ember, when you have beaten them to pap, take three times their weight in Sugar, pound them all together and set them in the Sun and to use them.

58. *To make Syrup of Cowslips.*

Take the distilled water of Cowslips, and put thereto your flowers of Cowslips clean pickt, and the green knobs in the bottom cut off, and boil them up into a Syrup, take it in Almond Milk, or some other warm thing; it is good against the Palsie and Frenzy, and to procure sleep to the sick.

59. *To make Marmelade of Lemmons and Oranges.*

You may boil eight or nine Lemmons or Oranges, with four or five Pippins, and draw them through a strainer; then take the weight of the pulp all together in Sugar and boil it as you do Marmelade of Quinces and so box it up.

60. *To make Angelica water.*

Take a handful of *Carduus benedictus* and dry it, then take three ounces of Angelica roots one dram of Myrrh, half an ounce of Nutmegs, Cinamon and Ginger four

four ounces of each, one dram and half of Saffron; of Cardonius, Cubels, Galingal, and Pepper, of each a quarter of an ounce; two drams of Mace, one dram of grains, of Lignum Aloes, Spikenard, *Jonius Odoratus*, of each a dram; sage, Borage, Bugloss, Violets, and Rosemary flowers of each half a handful, bruise them and steep them in a pottle of Sack twelve hours, and distill it as the rest.

61. *To make Quiddany of Cherries.*

When your Cherries are fully ripe, and red to the stone, take them and pull out the stones, and boil your Cherries till they be all broken then strain them and take the liquor strained out, and boil it over again, and put as much Sugar to it as you think convenient, and when it is boild that you think it is thick enough put it into your boxes.

62. *To dry Cherries.*

Take six pound of Cherries and stone them, then take a pound of Sugar and wet it with the juice of the Cherries, and boil it a little, then put in your Cherries and boil them till they are clear, let them lye in the Syrup a week then drein them from the

the Syrup, and lay them on thin boards, or sheets of glass to dry in a stove, turn them twice a day, and when they are dry, wash off the clammines with warm water, and dry them a little longer.

63. *To make brown Metheglin.*

Take strong Ale-wort, and put as much Honey to it as will make it strong enough to bear an Egg; boil them very well together, then set it a cooling, and when it is almost cold put in some Ale-yeast, then put it into a strong Vessel, and when it hath done working, put a bag of spices into the Vessel and some Lemon Peel and stop it up close, and in a few days it will be fit to drink, but the longer you keep it the better.

64. *To candy Oranges or Lemons, after they are preserved.*

Take them out of the Syrup, and drain them well, then boil some Sugar to a candy height, and lay your Peels in the bottom of a sive, and pour your hot Sugar over them, and then dry them in a stove or warm oven.

65. *To preserve Oranges after the Portugal fashion.*

Open your Oranges at the end, and take

out all the meat, then boil them in several waters, till a straw may go through them, then take their weight ann half in fine Sugar, and to every pound of Sugar, a pint of water, boil it and scum it, then put in your Oranges and boil them a little more, then take them up, and fill them with preserved Pippins, and boil them again till you think they are enough; but if you will have them jelly, make a new Syrup with the water wherein some sliced Pippins have been boiled, and some fine Sugar, and that will be a stiff Jelly.

66. To *make good Usquebath.*

Take two Gallons of good Aquavitæ four ounces of the best liquorice bruised, four ounces of Anniseed bruised, put them into a Wooden, Glass, or Stone Vessel, and cover them close. and so let them stand a week, then draw off the cleerest and Sweetest with Molosso's, and keep it in another Vessel, and put in some Dates, and Raisens stoned; keep it very close from the Air.

67. To *make* Italian *Bisket.*

Take serced Sugar, and a little of the white of an Egg, with some Ambergreece and Musk, beat them all to a past in an Alablaster

blaſter Morter, and mould it in a little Anniſeed finely duſted, then make it up in Loaves, and cut them about like Maunchet, then bake them in an Oven, as hot as for Maunchet, and when they are riſen ſomewhat high upon the Plates take them forth and remove them not of the Plates till they be cold, for they will be very apt to break.

68. To *make* French *Biskee*.

Take half a peek of flower, with four Eggs half a pint of Ale-yeaſt, one ounce and half of Anniſeed, a litle ſweet cream, and a little cold water, make all into a Loaf, and faſhion it ſomething long, then cut it into thick ſlices like Toſts, after it hath ſtood two days, and rub them over with powdred Sugar, and lay them in a warm Sun, and ſo dry them and Sugar them as you dry them three or four times, then put them into Boxes for uſe.

69. To *make Sugar Plate*.

Take ſerced Sugar, and make it up in paſt with Gum-dragon ſteeped in Roſe-water, and when you have brought it to a perfect paſt, rowl it as thin as ere you can, and then print it in moulds of what faſhion you pleaſe, and ſo let them dry as they ly.

70. *To make Pomander.*

Take half an ounce of Benjamin, and as much Storax, and as much Lapdanum, with six grains of Musk, and as much Civet, and two grains of Amber-grease, and one dram of sweet balsom, beat all these together in a hot Morter, then roul it up in beads as big, or as little as you please, and whilst they are hot make holes in them to serve for your use.

71. *To make conserve of Damsons.*

Take ripe Damsons and put them into scalding water, and half an hour after set them over the fire till they break; then strain them through a Cullender, and let them cool therein, then strain them (through a peice of Canvas) from their stones and skins, and then set them over the fire again, then put to them a good quantity of red Wine, and so boil it often stirring it till it be thick, and when it is almost boil'd enough, put in a convenient proportion of Sugar, and stir it very well together, and then put it into your gally-pots.

72. *To bake Oranges.*

Peel all the bark off, and boil them in Rose-water, and Sugar till they are tender, then

make

make your Pye, and set them whole in it, and put in the liquor they are boil'd in into the Pye, and season it with Sugar, Cinamon and Ginger.

73. *To preserve Peaches.*

Take a pound of your fairest and best colour'd Peaches and with a wet linnen cloth wipe off the white hoar of them, then parboil them in half a pint of White-wine and a pint and a half of running water, and being parboil'd peel off the white skin of them and then weigh them; take to your pound of Peaches three quarters of a pound of refined Sugar, and dissolve it in a quarter of a pint of White-wine, and boyl it almost to the height of a Syrup, then put in your Peaches, and let them boil in the Syrup a quarter of an hour or more if need require, then put them up & keep them all the year.

74. *To preserve Goose-berries.*

Take Goose-berries, or Grapes, or Barberries, and take somewhat more then their weight in Sugar beaten very fine and so lay one laying of fruits, and another of Sugar, till all are laid in your preserving pan, then take six spoonfuls of fair water, and boil your fruits therein as fast as you can, until they be very clear, then take

them up, and boil the Syrup by it self, till it be thick, when they are cold put them into gally-pots.

75. *To preserve Pippins white.*

Pare your Pippins and cut them the cross way, and weigh them, add to a pound of Sugar a pint of water; then put the Sugar to the water and let it boil a while, and then put in your Pippins, and let them boil till they be clear at the core, then take them off and put them up.

76. *To preserve Grapes.*

Stamp them and strain them, and then let it settle a while, then wet a pound of Sugar or Grapes with the juice, stone the Grapes, save the liquor in the stoning, take off the stalks, give them a boiling, take them off, and put them up.

77. *To preserve Angellica Roots.*

Wash the Roots and slice them very thin, and lay them in water three or four days, change the water every day, then put the Roots into a pot of water, and set them in the embers all night, in the morning put away the water, then take a pound of Roots four pints of water, and two pound of Sugar,

gar. let it boil and ſcum it clean, then put in the Roots, which will be bold before the Syrup then take them up and boil the Syrup after, they will ask a whole days work very ſoftly, at *St. Andrews* time is the beſt time to do them in all the year.

78. *To make Syrup of Quinces.*

Take of the juice of Quinces clarified three quarts, boil it over a gentle fire till half of it be conſumed, ſcum it and add to it three pints of red wine, with four pound of white Sugar, boyl it into a Syrup, and perfume it with a dram and half of Cinnamon, and of Cloves and Ginger of each two ſcruples.

79. *To make Walnut-water.*

Take of green Walnuts a pound and half, Garden Radiſh-roots one pound, green Aſarabacca ſix ounces, Radiſh ſeeds four ounces; Let all of them being bruiſed be ſteeped in three pints of White-wine-Vinegar for three days, and then diſtil them in a leaden Still till they be dry.

80. *To make Treakle-Water.*

Take of the juice of green Walnuts four pound, juice of Rue three pound, juice of

Carduus, Marigolds and Balm, of each two pound, green Petasitis Roots one pound and half, the roots of Burs one pound, Angelica and Masterwort of each half a pound; the leaves of Scordium four handfuls, old Venice Treacle and Mithridate of each eight ounces, Canary wine six quarts, Vinegar three quarts, juice of Lemons one quart; digest them two days either in Horse-dung or in a Bath, the Vessel being close shut, then distil them in Sand, in the distillation you may make a Theriacal extraction.

81. *To make Syrup of Cinamon.*

Take of Cinamon grosly bruised 4 ounces steep it in White-wine, and small Cinamon water of each half a pound three days in a glass by a gentle fire; strain it, and with a pound and half of Sugar boil it gently to a Syrup. This Syrup refresheth the Vital Spirits and cherisheth the Heart and Stomach, helps Digestion, and cherisheth the whole body exceedingly.

82. *To make Syrup of Citron peels.*

Take of fresh yellow Citron peels, five ounces, the berries of Cherms, or the juice of them brought over to us two drams,

spring-

ſpring-water two quarts; ſteep them all night, boyl them till half be conſumed, take off the ſcum, ſtrain it, and with two pound and half of the whiteſt Sugar, boyl it into a Syrup: let half of it be without Musk, but perfume the other half with three grains of Musk tyed up in a rag.

83. *To make Syrup of Harts-horn.*

Take of Harts-tongue three handfuls, Polipodium of the Oak, the roots of both ſorts of Buglos, barks of the roots of Capers and Tamaris, of each two ounces, Hops, Dodder, Maiden-hair, balm, of each two handfulls, boil them in four quarts of ſpring-water till it comes to five, ſtrain it, and with four pound of Sugar, make it into Syrup according to Art.

84. *An Oyl perfume for Gloves that ſhall never out.*

Take Benjamin two ounces, Storax and Calamint each an ounce but the two firſt muſt be finely beaten by themſelves; then take a pound of ſweet Almonds, and mingle it with the Storax and Benjamin upon a marble ſtone, and then put it into an earthen pot with more Oyl; then put in your Gloves powdered, and ſo let it ſtand

very close covered; and when you will perfume a pair of Gloves, take a little fair water in a spoon, and wipe your Gloves very fine with; take another spoon, and dip it in your Oyl, and rub it on your Gloves, and let them dry this is excellent.

85. *An excellent Water for one that is in a Consumption.*

Take three pints of Milk, and one pint of red Wine, twenty fouryolks of new laid Eggs, beat them very well together, then add so much whitebread as will drink up the Wine, and put to it some Cow-slip flowers, and distil them: Take a spoonful of this, Morning and Evening, in Chicken, or Mutton broth, and in one month it will cure any Consumption.

86. *To make Barley Water,*

Take a penny-worth of Barley, a penny-worth of Raisins of the Sun, a penny-worth of Anniseeds, a half penny-worth of Liquorish, about two quarts of water, boil all together till half be consumed, then strain it, and when it is cold drink it, your Liquorish must be sliced into small peices.

87. *Dr.*

87. *Dr.* Deodates *drink for the Scurvy.*

Take Roman Wormwood, *Carduus benedictus*, Scurvy-grass, Brook-lime, Water-creases, Water-trifoil, of each one handful, Dodder, Cetrach, Scolopendria, Burrage, Buglos, Sorrel, Vervain, or Speedwel, of each half a handful, Elicampane root one ounce, Raisins of the Sun three ounces, slices of Oranges and Lemmons, of each fifteen, boil, or rather infuse these in a double glass, with so much White-wine as will make a pint and a half of the liquor when it is done.

88. *A conserve to strengthen the Back.*

Take Eringo roots, and conserve them as you do damask, white and red Roses in every respect the pith being taken out, one pound and a half of Sugar is enough for every pound of Roots, with three pints of water stew them closely at first as you do your Roses; if you add to them five or six grains of Amber-grease beaten to fine powder, it will be much more cordial.

89. *To make excellent* Aqua Composita *for a Surfeit or cold stomach.*

Take a handful of Rosemary, a root of Erula-

Enula-campane, a handful of Hyſop, half a handful of Thyme, ſix handfuls of Sage, as much Mint and as much Penny-royal, half a handful of Hore-hound, two ounces of Liquoriſh well bruiſed and as much Anniſeeds: Then take two gallons of the beſt ſtrong Ale, and take all the herbs aforeſaid, and wring them aſunder, and put them into an earthen pot well covered, and let them ſtand a day and a night; from thence put all into a braſs pot, and ſet it on the fire, and let it ſtand till it boil, then take it from the fire and ſet your Limbeck on the pot, and ſtop it cloſe with paſt that there come no air out of it, and ſtill it out with a ſoft fire, you may add to it 1 handful of red Fennel.

90. *To make Balm-water.*

Take four gallons of ſtrong ſtale Ale, half a pound of Liquoriſh, two pound of Balm, two ounces of Figgs, half a pound of Anniſeeds, one ounce of Nutmegs, ſhred the Balm and Figgs very ſmall, and let them ſtand ſteeping four and twenty hours, and then put it in a Still as you uſe Aqua-vitæ.

91. *To pickle Broom-buds.*

Take as many Broom-buds as you pleaſe, make

make linnen bags and put them in, and tye them close, then make some brine with water and salt, and boil it a little, let it be cold, then put some brine in a deep earthen pot, and put the bags in it, and lay some weight on them, let it lye there till it look black, then shift it again still as long as it looks black, boil them in a little Cauldron, and put them in Vinegar a week or two, and they will be fit to eat.

92. *To make good Raspberry Wine.*

Take a gallan of Sack, in which let two gallons of Raspberries stand steeping the space of twenty four hours, then strain them and put to the liquor three pound of Raisins of the Sun stoned; let them stand together four or five days, being sometime stirred together, then pair off the clearest and put it up in Bottles and set it in a cold place if it be not sweet enough you may put Sugar to it.

93. *To make excellent Hippocras in an instant.*

Take of Cinamon two ounces, Nutmegs, Ginger, of each half an ounce, Cloves two drams

drams, bruise these small, then mix them with as much spirit of Wine, as will make them into a Past, let them stand close covered in a glass the space of six days in a cold place, then press out the liquor and keep it in a glass. A few drops of this liquor put into any Wine giveth it a gallant relish and odour, and maketh it as good as any Hippocras whatsoever in an instant.

94. *To make artificial Malmsey.*

Take two gallons of English Honey, put into it eight gallons of the best spring-water, set these in a Vessel over a gentle fire, when they have boil'd gently an hour take them off, and when they be cold put them into a small Barrel or Runlet hanging in the Vessel a bag of spices, and set it in the Cellar, and in half a year you may drink thereof.

95. *To make artificial Claret-wine.*

Take six gallons of water, two gallons of the best Syder, put thereto eight pound of the best Malaga raisins bruised in a Morter, let them stand close covered in a warm place the space of a fortnight, every two days stirring them well together

ther; then press out the Raisins, and put the liquor into the said Vessel again, to which add a quart of the juice of Ras-berries, and a pint of the juice of black Cherries; cover this liquor with bread spread thick with strong Mustard, the Mustard-seed being downward, and so let it work by the fire side three or four days, then turn it up and let it stand a week, and then bottle it up, and it will taste as quick as bottle Beer and become a very pleasant drink, and indeed far better and wholsomer then our common Claret.

96. *To make spirit of Amber-grease.*

Take of Amber-grease two drams, of Musk a dram cut them small, and put them into a pint of the best spirit of Wine, close up the glass Hermetically, and digest them in a very gentle heat till you perceive they are dissolved, then you may use it; Two or three drops or more if you please of this spirit put into a pint of Wine, gives it a rich odour, or if you put two or three drops round the brims of the glass it will do as well, half a spoonful of it taken either of it self, or mixt with some specifical liquor is a most rich cordial.

97. *An excellent ſweet Water.*

Take a quart of Orange-flower water, as much Roſe water, with four ounces of Muſk-willow-ſeeds groſly bruiſed, of Benjamin two ounces, of Storax an ounce, of Ladanum ſix drams, of Lavender flowers two pugils, of ſweet Marjoram as much, of *Calamus Aromaticus* a dram, diſtil all theſe in a glaſs ſtill in *Balneo*, the Veſſel being very well cloſed that no vapour breath forth; note that you may make a ſweet water in an inſtant, by putting in a few drops of ſome diſtilled Oyls together into ſome Roſe-water, and brew them well together.

98. *Dr.* Burges *Plague Water.*

Take three pints of Muſcadine, and boyl in it Sage and Rue, of each a handful till a pint be waſted, then ſtrain it, and ſet it over the fire again, put thereto a dram of long Pepper, Ginger and Nutmeg, of each half an ounce being all bruiſed together; then boil them a little, and put thereto half an ounce of Andramachus Treacle, three drams of Methridate, and a quarter of a pint of Angellica Water. Take a ſpoonful or two of this morning and evening.

99. *To*

99. *To dry Cherries or Plumbs in the Sun.*

If it be ſmall fruit you muſt dry them whole by laying them abroad in the hot Sun in Stone or Pewter diſhes, or tin Pans turning them as you ſee cauſe; but if your Plumbs be large ſlit them in the middle and lay them abroad in the Sun; an if they be very large then give each Plumb a ſlit on each ſide, and if the Sun do not ſhine ſufficiently, then dry them in an Oven that is temperately warm.

100. *To preſerve Pippins green.*

Take Pippins when they be ſmall & green off the Tree, and pare three or four of the worſt, and cut them all to peices; then boil them in a quart of fair water till they be pap; then let the liquor come from them as they do from your Quiddany into a baſon; then put into them one pound of Sugar clarified, and put into it as many green Pippins unpar'd, as that liquor will cover, and ſo let them boyl ſoftly, and when you ſee they be boil'd as tender as a Cod ing, then take them up and peel off the outermoſt white skin, and then they will be green, then boil them again in the Syrup till it be thick and you may keep them all the year.

101. *To*

101. *To make Syrup of Hyssop.*

Take of Hyssop one handful, of Figgs, Raisins, Dates, of each an ounce, boil these in three pints of water to a quart, then strain and clarifie it with the whites of two eggs, and two pound of *Sugar*, and so boil them to a Syrup, and being boil'd enough keep them all the year.

102. *To make Rosa Solis.*

Take Liquorish eight ounces, Aniseeds and Carraway of each an ounce, Raisins ston'd and Dates of each three ounces, Nutmegs, Ginger, Mace, of each half an ounce, Galingal a quarter of an ounce, Cubebs one dram, Figgs two ounces, Sugar four ounces; bruise these and distil them with a gallon of Aqua-vitæ as the rest, but when it is distilled, you must colour it with the herb Rosa Solis or Alkanet-root.

103. *To make Muscadine Comfits.*

Take half a pound of Musk *Sugar* beaten and searced, then take Gumdragagant steeped in Rose-water, and two grains of Musk and

and ſo beat them in an Alablaſter Morter till it come to perfect paſt, then roul it very thin, and cut it in ſmall diamond pieces and then bake them, and ſo keep them all the year.

104. *To make conſerve of Burrage-flowers.*

Let your flowers be well coloured, and pick the blacks from them, then weigh them and to every ounce of flowers you muſt take three ounces of Sugar, and beat them together in a ſtone Morter with a wooden peſtle till they be very fine; then take them out and put the conſerve into a pipkin, and heat it thorow hot, put them up and keep them all the year.

105. *To candy Ginger.*

Take very fair and large Ginger and pare it, and lay it in water a day and a night; then take double refined Sugar and boil it to the height of Sugar again, and when your Sugar begins to be cold, take your Ginger and ſtir it well about while your Sugar is hard to the Pan; then take it out piece by peice and lay it by the fire four hours, then take a pot and warm it and put the Ginger in

in it tye it up close and every other morning stir it about throughly, and it will be rock-candyed in a little time.

106. To *make* Manus Christi.

Take half a pound of refined Sugar, and some Rose-water, boil them together till it come to Sugar again; then stir it about till it be somewhat cold, then take leaf gold and mingle with it, then cast it according to Art into round gobbets, and so keep them.

107. To *make conserve of Strawberries.*

First boil them in water, and then cast away the water and strain them; then boil them in White-wine, and works as in Prunes; or else strain them being ripe then boil them in White-wine and Sugar till they be stiff.

108. To *make conserve of Prunes.*

Take the best Prunes put them into scalding water, let them stand a while, then boil themover the fire till they break; then strain out the water through a Cullender, and

and let them ſtand therein to cool, then ſtrain the Prunes through the Cullender, taking away the ſtones and skins, then ſet the pulp over the fire again and put thereto a good quantity of red Wine, and boil them to a thickneſs ſtill ſtirring them up and down, when they are almoſt enough put in a ſufficient quantity of Sugar, ſtir all well together and then put it up in your gally-pots.

109. To *make fine chriſtal Jelly.*

Take a knuckle of Veal, and four Calves feet, put them on the fire with a gallon of fair water, and when the fleſh is boil'd tender take it out, then let the liquor ſtand ſtill till it be cold, then take away the top and the bottom of the liquor, and put the reſt into a clean pipkin, and put into it one pound of refined Sugar, with four or five drops of Oyl of Cinamon and Nutmegs, and a grain of Musk, and ſo let it boil a quarter of an hour leaſurely on the fire; then let it run through a Jelly-bag into a Baſon, with the whites of two Eggs beaten, and when it is cold you may cut it into lumps with a ſpoon, and ſo ſerve three or four lumps upon a plate.

110. *To make Jelly of Strawberries, Mulberries, Raspisberries or any other such tender fruit.*

Take your berries and grind them in a stone morter with four ounces of Sugar, and a quarter of a pint of fair water, and as much Rose-water; and boyl it in a skillet with a little Ising-glass, and so let it run through a fine cloath into your Boxes and you may keep it all the year.

111. *To candy Rosemary flowers.*

Pick your flowers very clean, and put to every ounce of flowers two ounces of hard Sugar, and one ounce of Sugar-candy, and dissolve them in Rosemary flower water, and boil them till they come to a Sugar again, when your Sugar is almost cold put in your Rosemary flowers and stir them together till they be enough; then take them out and put them in your boxes, and keep them in a store for use.

112. To candy *Burrage flowers.*

Pick the flowers clean and weigh them, and do in every reſpect as you did your Roſemary flowers, only when they be candyed you muſt ſet them in a Still, and ſo keep them in a ſheet of white paper, putting eve y day a chafing-diſh of coals into your Still, and it will be excellently candyed in a ſmall time.

113. To *make Biſket Cakes.*

Take a peck of flower, four ounces of Coriander-ſeed, one ounce of Anniſeed; then take three Eggs, three ſpoonfuls of Ale-yeaſt, and as much warm water as will make it as thick as paſt for Maunchets, make it into a long roul and bake it in an Oven an hour, and when it is a day old, pare it and ſlice it, Sugar it with ſearced Sugar and put it again into the Oven, and when it is dry take it out, and new Sugar it again, and ſo box it and keep it.

114. To *make Paſt Royal.*

Take a pound of refined Sugar, beaten and

and ſearced, and put into a ſtone Morter, with an ounce of Gumdragagant ſteeped in Roſe-water, and if you ſee your paſt be too weak put in more Sugar; if too dry more gum, with a drop or two of Oyl of Cinamon, beat it into a perfect paſt, and then you may print it in your moulds, and when it is dry guild it and ſo keep them.

115. To make *Apricock Cakes.*

Procure the faireſt Apricocks you can get, and let them be parboil'd very tender; take of the ſame quantity of Sugar whereof the pulp is, and boil them together very well always keeping them ſtirring for fear of burning too; when the bottom of the skillet is dry they are enough, then put them into little cards ſewed round about, and duſt them with fine Sugar, and when they are cold ſtone them and turn them, and fill them up with ſome more of the ſame ſtuff, but let them ſtand three or four days before you remove them from the firſt place, when you find them begin to candy take out the cards and duſt them with Sugar.

115. *To make Conſerve for Tarts all the Year.*

Take Damſons, or other good ripe Plums, and peel off their Skins, and ſo put them into a Pot, but to Pippins pared, and cut in pieces, and ſo bake them; then ſtrain them through a piece of Canvas, and ſeaſon them with Cinamon, Sugar, Ginger, and a little Roſe-water: Boyl it upon a Chafing-diſh of Coals, till it be as thick as a Conſerve; and then put it into your Gally-pots, and you may keep it good all the Year.

116. *To dry Pippins.*

Take the faireſt yellow Pippins, and pare them, and make a hole through every one, then par-boyl them a little in fair water, then take them up, and put them into as much Clarified Sugar as will cover them, and let them boyl very gently a little while, in that Syrup; then take them out, and put them into an earthen Platter, then caſt fine Sugar upon them, and ſet them into the Oven half an hour, then take them out, and caſt ſome more Sugar on them, (being turned) and do ſo three times, and they will be well dryed.

117. *To make Paſte of* Genua.

Take two pound of the pulp of Quinces, and as much of Peaches; ſtrain it, and dry it in a Pewter Platter upon a Chafing-diſh of Coals; then weigh it, and boyl it to the height of *Manus Chriſti*, and then put them together, and ſo faſhion it upon a Pye-plate, and dry it in an Oven with a Chafing-diſh of Coals till it be through dry, and then if you pleaſe you may ſpot them with Gold.

118. *To make Leach.*

Make your Jelly for your Leach with Calves Feet, as you do your Ordinary Jelly, but a little ſtiffer; and when it is cold, take off the top, and the bottom, and ſet it over the Fire with ſome Cinamon and Sugar; then take your Turnſole being well ſteept in Sack, and cruſh it, and ſo ſtrain it in your Leach, and let it boyl to ſuch a thickneſs, that when it is cold you may ſlice it.

119. To *dry any kind of Fruits after they are preſerved.*

Take Pippins, Pears, or Plums after they are Preſerved out of the Syrup, and waſh

waſh them in warm water, and then ſtrew them over with Sugar finely ſierced, as you do Flower upon Fiſh to fry, and ſet them into a broad earthen Pan, and lay them one by another; then ſet them into a warm Stove or Oven, until they be dry, and turn them every day till they are quite dry; and if you pleaſe, you may Candy them therewithal; caſt Sugar upon them three or four times as you dry them.

120. *To make Quiddany of Quinces.*

Take the Kernels out of ſeven or eight great Quinces, and boyl the Quinces in a quart of Spring-water, till it come to a pint; then put into it a quarter of a Pint of Roſe-water, and one pound of fine Sugar, and ſo let it boyl till it come to be of a deep colour, then take a drop and drop it into the bottom of a Saucer, and if it ſtand, take it off; then let it run through a Jelly-bag into a Baſon, then ſet it over a Chafing-diſh of Coals to keep it warm, then take a Spoon and fill your Boxes as full as you pleaſe; when they be cold cover them, and if you pleaſe to print it in moulds, wetting your moulds with

Roſe-water, and ſo let it run in, and when it is cold, turn it into Boxes.

121. To *make Sweet Cakes without either Spice or Sugar.*

Take Parſneps, and ſcrape or waſh them clean, ſlice them thin, and dry them well, beat them to powder, mixing one third part thereof with two thirds of fine Wheat-Flower; make up your Paſte into Cakes, and you will find them very ſweet and delicate.

122. To *make Wormwood-Wine.*

Take ſmall Rochel or Comahe Wine, put a few drops of the Extracted Oyl of Worm-wood therein; brew it together out of one pot into another, and you ſhall have a more neat and wholſom wine for your Body, than that which is Sold for right Wormwood-Wine.

123. To *make Sweet Bags to lye among Linning.*

Fill your Bags only with *Lignum* and *Rhodium* finely beaten, and it will give an Excellent Scent to your Linnen.

124. To *make Spirit of Honey.*

Put one part of Honey to five parts of Water, when the water boyleth diſſolve your Honey therein, ſcum it; and having boyled an hour or two, put it into a wooden Veſſel, and when it is Blood-warm ſet it on fire with Yeaſt, after the uſual manner of Beer and Ale; turn it, and when it hath lain ſome time, it will yield Spirit by Diſtillation, as Wine, Beer, and Ale will do.

125. To *Preſerve Artichoaks.*

Cut off the ſtalks of your Artichoaks within two Inches of the Choak, and make a ſtrong Decoction of the reſt of the ſtalks, ſlicing them into thin ſmall pieces, and let the Artichoaks lye in this Decoction; and when you uſe them, you muſt put them firſt in warm water, and then in cold, and ſo take away the bitterneſs of them.

126. To *make Syrup for a Cough of the Lungs.*

Take a Pottle of fair Running water in a new Pipkin, and put into it half an Ounce of Sydrack, half an Ounce of

Maiden-hair, and a good handful of Elecampane Roots ſliced; boyl all together, untill half be boyled away, even to a Syrup; then put into it the whites of Eggs, and let it boyl two or three walms; and give the Patient a Spoonful Morning and Evening.

127. *To make* Banbury *Cakes.*

Take four pound of Currants, waſh, and pick them very clean, and dry them in a Cloath; then take three Eggs, and put away one Yolk, and beat them, and ſtrain them with Yeaſt, putting thereto Cloves, Mace, Cinamon, and Nutmegs; then take a pint of Cream, and as much Mornings Milk, and let it warm; then take Flower, and put in good ſtore of cold Butter and Sugar, then put in your Eggs, Yeaſt, and Meal, and work them all together an hour or more; then ſave a piece of the Paſte, and break the reſt in pieces, and work in your Currants; then make your Cake what quantity you pleaſe, and cover it very thin with the Paſte wherein were no Currants, and ſo bake it according to the bigneſs.

128. *To make Ginger-bread.*

Take a quart of Honey, and ſet it on the coals and refine it, then take Ginger, Pepper, and Licoriſe, of each a penny-worth, a quarter of a pound of Anniſeeds, and a penny-worth of Saunders; beat all theſe, and ſierſe them, and put them into the Honey, add a quarter of a pint of Claret Wine, or Old Ale; then take three penny Manchets finely grated, and ſtrew it amongſt the reſt, and ſtir it till it come to a ſtiff Paſt; make them into Cakes, and dry them gently.

129. *To make Wormwood-Water.*

Take two Gallons of good Ale, a pound of Anniſeeds, half a pound of Licoriſe, and beat them very fine; then take two good handfuls of the Crops of Wormwood, and put them into Ale, and let them ſtand all Night, and let them ſtand in a Limbeck with a moderate Fire.

130. *To make Paſte of Quinces.*

Firſt boyl your Quinces whole, and when they are ſoft, pare them, and cut the Quince from the Core; then take the fineſt Sugar you can get finely beaten or

ſierced, and put in a little Roſe-water, and boyl it together till it be ſtiff enough to mould, and when it is cold, roul it and print: A pound of Quinces will require a pound of Sugar, or thereabout.

131. To *make thin Quince Cakes.*

Take your Quince when it is boyled ſoft, as before, and dry it upon a Pewter Plate with a ſoft heat, and ſtir it with a ſlice till it be hard, then take ſierced Sugar to the ſame weight, and ſtrew it upon the Quince as you beat it in a Wooden or Stone Mortar, and ſo roul them thin, and print them.

132. To *make fine Cakes.*

Take a Pottle of fine Flower, and a pound of Sugar, a little Meale, and good ſtore of Water to mingle the Flower into a ſtiff Paſte, with a little Salt, and ſo knead it, and roul out the Cakes thin, and bake them on Papers.

133. To *make Suckets.*

Take Curds, and the paring of Limons, Oranges,

Oranges, or Pome-Citrons, or indeed any half-ripe green Fruit, and boyl them till they be tender, in ſweet wort; then take three pound of Sugar, the whites of four Eggs, and a Gallon of water; beat the water and Eggs together, and then put in your Sugar, and ſet it on the Fire, and let it have a gentle fire, and let it boyl ſix or ſeven walms, then ſtrain it through a Cloath, and ſet it on again, till it fall from the Spoon, and then put it into the Rindes, or Fruits.

134. *To make Leach Lombard.*

Take half a pound of blanched Almonds, two Ounces of Cinamon beaten and ſierced, half a pound of Sugar; beat your Almonds, and ſtrew on your Cinamon and Sugar, till it come to a Paſte, then roul it, and print it, as afore-ſaid.

135. *To make a raxe Damask Water.*

Take a quart of Malmſey Lees, or Malmſey, one handful of Marjoram, as much Baſil, four handfuls of Lavender, one handful of Bay-leaves, four handfuls of Damask-Roſe-Leaves, as many

Red-Roſe, the Peels of ſix Oranges, or elſe one handful of the tender Leaves of Walnut-Trees, half an Ounce of Benjamin, *Calamus Aromaticus* as much, of Camphire four Drams, of Cloves an Ounce, of Bildamum half an Ounce; then take a Pottle of Running Water, and put in all theſe Spices bruiſed into your Water and Malmſey together in a Pot cloſe ſtopped, with a good handful of Roſemary, and let them ſtand for the ſpace of ſix days, then Diſtill it with a ſoft Fire, and ſet it in the Sun ſixteen days, with four Grains of Musk bruiſed. This Quantity will make three quarts of Water.

136. *To make Waſhing Balls.*

Take *Storax* of both kinds, *Benjamin*, *Calamus Aromaticus*, *Labdanum*, of each alike, and bray them to Powder with Cloves and Orris, then beat them all with a ſufficient Quantity of Soap, till it be ſtiff, then with your hand work it like Paſte, and make round Balls thereof.

137. *To make a Musk-Ball.*

Take Nutmegs, Mace, Cloves, Saffron, and Cinamon, of each the weight of two pence, and beat it to fine Powder, add as much Maſtick, of Storax the weight of Six pence, of Labdanum the weight of Ten pence, of Amber-greaſe the weight of Six pence, and of Musk four Grains; diſſolve and work all theſe in hard ſweet Soap, till it come to a ſtiff Paſte, and then make Balls thereof.

138. *To make Imperial Water.*

Take a Gallon of *Gaſcoin* Wine, Ginger, Galingal, Nutmegs, Grains, Cloves, Anniſeeds, Fennel-ſeeds, Caraway-ſeeds, of each one dram; then take Sage, Mint, Red Roſes, Tine, Pellitory, Roſemary, Wild Thyme, Camomile, and Lavender, of each a handful, then beat the Spices ſmall and the Herbs alſo, and put all together into the Wine, and let it ſtand ſo twelve hours, ſtirring it divers times, then Diſtill it with a Limbeck, and keep the firſt water, for it is beſt; of a Gallon of Wine you muſt not take above a quart of

of Water. This Water Comforteth the Vital Spirits, and helpeth the inward Diſeaſes that come of Cold, as the Palſie, and Contraction of Sinews; it alſo killeth Worms, and comforteth the Stomack, it Cureth the cold Dropſie, helpeth the Stone, and Stinking Breath, and maketh one ſeem Young.

139. To *make Verjuice.*

Gather your Crabs as ſoon as the Kernels turn black, and lay them a while in a heap to Sweat, then pick them from the Stalks, blacks, and rotteneſs, then cruſh and beat them all to pieces in a Tub, then make a bag of courſe Hair-cloath as big as your Preſs, and fill it with the cruſht Crabs, then put it into the Preſs and Preſs it as long as any moiſture will drop out, having a clean Veſſel underneath to receive the Liquor; then Tun it up in ſweet Hogſheads, and to every Hogſhead put half a dozen handfuls of Damask Roſe Leaves, then bring it up, and ſpend it as you have Occaſion.

140. To *make dry Sugar Leach.*

Blanch your Almonds, and beat them with a little Roſe water, and the white of one Egg, and then beat it with a good quantity of Sugar, and work it as you would work a piece of Paſte; then roul it, and Print it, only be ſure to ſtrew Sugar in the Print, for fear of cleaving to.

141. To *make fine Jumbals.*

Beat a pound of Sugar fine, then take the ſame quantity of fine Wheat Flower, and mix them together, then take two whites and one Yolk of an Egg, half a quarter of a pound of Blanched Almonds, then beat them very fine altogether, with half a pound of ſweet Butter, and a ſpoonful of Roſe-water, and ſo work it with a little Cream till it come to a ſtiff Paſte, then roul them forth as you pleaſe; you may add a few fine dryed Anniſeeds finely rub'd, and ſtrewed into the Paſte, with Coriander ſeeds.

142. To

142. To *make dry Vinegar.*

To make dry Vinegar, which you may carry in your pocket, you muſt take the blacks of green Corn, either Wheat or Rye, and beat it in a Mortar with the ſtrongeſt Vinegar you can get, till it come to Paſte, then roul it into little Balls and dry it in the Sun till it be very hard, and when you have Occaſion to uſe it, cut a little piece thereof, and diſſolve it in wine, and it will make a ſtrong Vinegar.

143. To *make Excellent Date Leach.*

Take Dates, and take out the ſtones, and the white Rinde, and beat them with Sugar, Cinamon, and Ginger very finely, then work it as you would work a piece of Paſte, and then print them as you pleaſe.

144. To *make white Jelly of Almonds.*

Take Roſe-water, Gum-dragant, or Iſinglaſs diſſolved, and ſome Cinamon groſly beaten, boyl them all together, then

then take a pound of Almonds, blanch them, and beat them fine with a little fair water, dry them in a fine Cloath, and put your Roſe-water and the reſt into the Almonds, boyl them together and ſtir them continually, then take them from the fire, and when it is boyled enough take it off.

145. To *Candy Orange Peels.*

Take your Orange Peels after they are Preſerved, then take fine Sugar, and Roſe water, and boyl it to the height of *Manus Chriſti*, that is, till it is Sugar again, then draw through your Sugar; lay them on the bottom of a Siev, and dry them in an Oven after you have drawn Bread, and they will be Candied.

146. To *make Paſte of Violets.*

You muſt take Violets ready pickt, and bruiſe them in a Marble Mortar, and wring the Juice from them into a Porringer, and put as much hard Sugar in fine Powder, as the Juice will cover, dry it, and then pouder it again; then take as much Gum-dragant ſteeped in Roſe water as will bring this Sugar into a perfect Paſte,

Paſte, then take it up & print it with your Moulds, and ſo dry it in your Stove.

147. To *Preſerve Pippins Red.*

Take your beſt coloured Pippins and pare them, then take a piercer and bore a hole through them, then make Syrup for them as much as will cover them, and ſo let them boyl in a broad preſerving pan, put to them a piece of Cinamon, and let them boyl leiſurely, cloſe covered, turning them very often, or elſe they will ſpot, and one ſide will not be like t'other, and let them boyl till they begin to Jelly, then take them up, and you may keep them all the Year.

148. To *make Spirit of Roſes.*

Bruiſe the Roſe in his own Juice, adding thereto, being temperately warm, a convenient proportion either of Yeaſt, or Ferment; leave them a few days to ferment, till they get a ſtrong and heady ſmell, near like to Vinegar; then Diſtill them, and draw ſo long as you find any ſcent of the Roſe to come, then diſtill again ſo often till you have purchaſed a perfect

perfect Spirit of the Rose. You may also Ferment the Juice of Roses only, and after Distill the same.

149. To *make Syrup of Elder.*

Take Elder Berries when they are red, bruise them in a Stone Mortar, strain the Juice, and boyl it away to almost half, scum it very clean, take it off the fire whilst it is hot; put in Sugar to the thickness of a Syrup, put it no more on the fire, when it is cold, put it into Glasses, not filling them to the top, for it will work like Beer.

150. To *make Orange-Water.*

Take two quarts of the best *Malaga* Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, steep them twenty four hours, then Still them in a Glass Still, and let the water run into the Receiver upon fine Sugar-candy; you may still it in an Ordinary Still.

151. To

151. *To make a Caudle of great Virtue.*

Take a Pint and a half of the ſtrongeſt Ale may be gotten, twenty Jordan Almonds clean wiped, but neither waſh'd nor blanch'd, with two Dates minced very ſmall and ſtamped; then take the pith of Young Beef, the length of twelve Inches, lay it in water till the blood be out of it, then ſtrip the skin off it, and ſtamp it with the Almonds and Dates, then ſtrain them altogether into the Ale, boyl it till it be a little thick, give the party in the Morning Faſting ſix Spoonfuls, and as much when he goeth to Bed.

152. *An Excellent Surfeit Water.*

Take Cellandine, Roſemary, Rue, Pellitory of *Spain*, Scabious, Angelica, Pimpernel, Wormwood, Mugwort, Betony, Agrimony, Balm, Dragon and Tormentile, of each half a pound, ſhred them ſomewhat ſmall, and put them into a narrow mouthed Pot, and put to them five quarts of White Wine, ſtop it cloſe, and let it ſtand three days and Nights, ſtirring

ſtirring it Morning and Evening, then take the Herbs from the Wine, and Diſtill them in an Ordinary Still, and when you have Diſtill'd the Herbs, Diſtill the Wine alſo, wherein is Virtue for a weak Stomack. Take three or four Spoonfuls at any time.

153. *To make a Syrup for one ſhort-winded.*

Take a good handful of Hyſſop, and a handful of Horehound, and boyl them in a quart of Spring-water to a pint, then ſtrain it through a clean Cloath, and put in Sugar to make it Pleaſant. Stir it Morning and Evening with a Licoriſe-ſtick, and take about three ſpoonfuls at a time.

154. *To make Syrup of Sugar Candyed.*

Take Sugar Candyed, and put it into a clear Bladder, and tye it, but ſo that it may have ſome vent, then put it into a Baſon of Water, ſo that the water come not over the top of the Bladder, and cover it with a Pewter Diſh, and let it ſtand all Night, and in the Morning take of it with

with a Licoriſe-ſtick.

155. *To make an Excellent Syrup againſt the Scurvy.*

Take of the juice of Garden Scurvy-Graſs, Brookl‖me, and Water-creſſes, of each ſix Ounces, and after it hath ſtood till it is clear, take ſixteen Ounces of the cleareſt, and put to it four Ounces of the juice of Oranges and Lemmons, make it a clear Syrup with ſo much fine Sugar as will ſerve the turn.

156. *To make Syrup of Roſes.*

VVhen your Liquor is ready to boyl, put as many Roſes as will be well ſteept into it, cover it cloſe, and when the Roſes are throughly white, then ſtrain it, and ſet it one the Fire again, and ſo uſe it thirteen times, and to every pint of your water or Liquor, you muſt put a pound of Sugar, and let it ſtand together ſteeping for the Space of one Night, then ſcum it clean, and ſeeth it over a quick Fire a quarter of an hour, then take ſome whites of Eggs and beat them well together, take off your Pot, and put in the whites, and then

then ſet it on the fire again, and let it boyl a good ſpace, then let it run through a Jelly-bag, till it will ſtand ſtill upon your Nail.

157. To *make a Comfortable Syrup.*

Take a handful of Agrimony, and boyl it in a Pint of water till half be conſumed, then take out the Agrimony, and put in a good handful of Currans, and boyl them till they are ready to break, then ſtrain them, and make a Syrup of them, then ſet it on a Chafing-diſh of Coals, and put thereto a little white Saunders, and drink it either hot or cold.

158. To *make an Almond Caudle.*

Take three pints of Ale, boyl it with Cloves and Mace, and ſlice Bread in it, then have ready beaten a pound of Almonds blanched, and ſtrain them out with a Pint of white wine, and thicken the Ale with it, ſweeten it if you pleaſe, but be ſure to ſcum the Ale when it boyls.

159. To *Candy Cherries.*

Take your Cherries before they be full Ripe, take out the Stones, put Clarified Sugar boyled to a height, and then pour it on them.

160 To *make Syrup of Saffron.*

Take a Pint of Endive water, two Ounces of Saffron finely beaten, and ſteep it therein all Night, the next day boyl it, and ſtrain out the Saffron, then with Sugar boyl it up to a Syrup.

161. To *make Roſe Water.*

Stamp the Leaves, and firſt Diſtill the juice being ſqueezed out, and after Diſtill the Leaves, and ſo you may diſpatch more with one Still, than others will do with three or four; and this water is every way as Medicinable as the other, ſerving very well in all Decoctions, and Syrups, &c. though it be not altogether ſo pleaſing to the ſmell.

162. To *make Suckets of Green Walnuts*

Take VValnuts when they are no bigger than the largeſt Haſel Nut; pare away the uppermoſt green, but not too deep; then boyl them in a Pottle of water, till the water be boyled away, then take ſo much more freſh water, and when it is boyled to the half, put thereto a quart of Vinegar, and a Pottle of Clarified Honey.

163. To *make white Leach of Cream.*

Take a Pint of ſweet Cream, and ſix Spoonfuls of Roſe-water, two Grains of Muſk, two drops of Oyl of Mace, and ſo let it boyl with four Ounces of Iſinglaſs; then let it run through a Jelly-bag, when it is cold ſlice it like brawn, and ſo ſerve it out. This is the beſt way to make Leach.

164. To *Preſerve Pome-Citrons.*

You muſt take a pound and a half of Pome-Citrons, and cut them in halves and quarters, take the Meat out of them, and boyl

boyl them tender in fair water, then take two pound of Sugar Clarified, and make Syrup for them, and let them boyl therein a quarter of an hour very gently; then take them up, and let your Syrup boyl till it be thick, then put in your Pome-Citrons, and you may keep them all the Year.

165. To *Pickle Clove-Gilly-Flowers for Sallets.*

Take the faireſt Clove-gilly-Flowers, clip off the whites from them, put them into a wide-mouth'd Glaſs, and ſtrew a good deal of Sugar finely beaten among them, then put as much wine Vinegar to them as will throughly wet them, tye them up cloſe, and ſet them in the Sun, and in a little while they will be fit for uſe.

166. To *make Leach of Almonds.*

Take half a pound of ſweet Almonds, and beat them in a Mortar, then ſtrain them with a Pint of ſweet Milk from the Cow, then put to it one grain of Musk, two ſpoonfuls of Roſe-water, two Ounces of fine Sugar, the weight of three ſhillings

in

in Iſinglaſs that is very white, boyl them together, and let it all run through a ſtrainer, then ſtill it out, and ſerve it.

167. *To Candy Marigolds in wedges, the* Spaniſh *Faſhion.*

Take of the faireſt Marigold Flowers two Ounces, and ſhred them ſmall, and dry them before the Fire, then take four Ounces of Sugar, and boyl it to a height, then pour it upon a wet Pye-plate, and between hot and cold cut it into wedges, then lay them on a ſheet of white Paper, and put them in a Stove.

168. *To Candy Eringo Roots.*

Take your Eringos ready to be Preſerved, and weigh them, and to every pound of your Roots take of the pureſt Sugar you can get two pound, and Clarifie it with the whites of Eggs exceeding well, that it may be as clear as Cryſtal, for that will be beſt; it being Clarified, boyl it to the height of *Manus Chriſti*, then dip in your Roots two or three at once, till all be Candyed, and ſo put them in a Stove, and ſo keep them all the Year.

169. *To Candy Elecampane Roots.*

Take of your faireſt Elecampane Roots, and take them clean from the Syrup, and waſh the Sugar off them, and dry them again with a Linnen Cloath; then weigh them, and to every pound of Roots take a pound and three quarters of Sugar, Clarifie it well, and boyl it to a height, and when it is boyled dip in your Roots, three or four at once, and they will Candy very well, and ſo ſtove them, and keep them all the Year.

170. *To make Cinamon-Sugar.*

Lay pieces of Sugar in cloſe Boxes among ſticks of Cinamon, or Cloves, and in ſhort time it will have the taſt and ſcent of the Spice.

171. *To make a Trifle.*

Take Cream, and boyl it with a cut Nutmeg, add Limon peel a little, then take it off, cool it a little, and ſeaſon it with Roſe-water and Sugar to your taſt; let this be put in the thing you ſerve it in, then put it in a little Rundlet to make it come,

come, and then it is fit to eat.

172. To *make Quiddany of Plums.*

Take one quart of the Liquor which you preſerved your Plums in, and boyl ſix fair Pippins in it, pared, and cut into ſmall pieces, then ſtrain the thin from it, and put to every Pint of Liquor half a pound of Sugar, and ſo boyl it till it will ſtand on the back of a Spoon like a Jelly; then wet your Moulds, and pour it thereinto, and when it is almoſt cold, turn it off upon a wet Trencher, and ſo ſlip it into wet Boxes.

173. To *Candy Barberries.*

Firſt Preſerve them, then dip them quickly into warm water, to waſh off the Ropy Syrup, then ſtrew them over with ſierſed Sugar, and ſet them into an Oven or Stove three or four hours, always turning them, and caſting more fine Sugar upon them, and never ſuffer them to be cold till they be dryed, and begin to look like Diamonds.

174. To *make* Cream of *Apricots.*

Firſt boyl your Apricots with water and Sugar, till they be ſomewhat tender, and afterwards boyl them in Cream, then ſtrain them, and ſeaſon it with Sugar.

175. To *make Quince-Cream.*

Take a Roaſted Quince, pare it, and cut it into thin ſlices to the Core, boyl it in a pint of Cream, with a little whole Ginger, till it taſt of the Quinces to your liking, then put in a little Sugar, and ſtrain it, and always ſerve it cold to the Table.

176. To *Preſerve Barberries.*

Take one pound of Barberries pickt from the ſtalks, put them in a Pottle-pot, and ſet it in a braſs Pot full of hot water, and when they be ſtewed, ſtrain them, and put to them a pound and half of Sugar, and a Pint of Red Roſe-water, and boyl them a little; then take half a pound of the faireſt Cluſters of Barberries you can get, and dip them in the Syrup while it boyleth, then take the Barberries out again,

again, and boyl the Syrup while it is thick, and when it is cold, put them in the Glaſſes with the Syrup.

177. *To make a Cullice.*

Take a Cock, and dreſs him, and boyl him in White Wine, ſcum it clean, and Clarifie the Broath (being firſt ſtrained) then take a Pint of ſweet Cream, and ſtrain it, and ſo mix them together; then take beaten Ginger, fine Sugar, and Roſe-water, and put them all together, and boyl it a little more.

178. *To make a Cordial ſtrengthning Broath.*

Take a Red Cock, ſtrip off the Feathers from the skin, then break his Bones to ſhivers with a rolling-pin; ſet it over the Fire, and juſt cover it with water, put in ſome Salt, and watch the ſcumming, and boyling of it, put in a handful of Harts-horn, a quarter of a pound of blew Currans, and as many Raiſins of the Sun ſtoned, and as many Pruans, four blades of large Mace, a bottom Cruſt of a white Loaf, half an Ounce of China Root

ſliced, being ſteeped three hours before in warm water, boyl three or four pieces of Gold, ſtrain it, and put in a little fine Sugar, and juice of Orange, and ſo uſe it.

179. To *Candy Grapes.*

After they are Preſerved, then dip them into warm water to cleanſe them from the Syrup, then ſtrew them over with ſierced Sugar, and ſet them into an Oven or Stove three or four hours, always turning them, and caſting more fine Sugar upon them, and never ſuffer them to be cold till they be dry'd, and begin to ſparkle.

180. To *make Sugar-Cakes.*

Take one pound of fine Flower, one pound of Sugar finely beaten, and mingle them well together, then take ſeven or eight Yolks of Eggs, then take two Cloves, and a pretty piece of Cinamon, and lay it in a ſpoonful of Roſe-water all Night, and heat it almoſt Blood-warm, temper it with the reſt of the ſtuff; when the Paſte is made, make it up as faſt as you can, and bake them in a ſoft Oven.

181. *To take ſpots and ſtains out of Cloaths.*

Take four Ounces of white hard Soap, beat it in a Mortar with a Limon ſliced, and as much Roch-Allom as an Haſel-Nut, roul it up in a Ball, rub the ſtain therewith, and after fetch it out with warm water, if need be.

182. *To keep Cheſnuts all the Year.*

After the Bread is drawn, diſperſe your Nuts thinly over the bottom of the Oven, and by this means, the moiſture being dryed up, the Nuts will laſt all the Year; but if you perceive them to mould, put them into the Oven again.

183. *To preſerve Cucumbers Green.*

You muſt take two quarts of Verjuice, or Vinegar, and a Gallon of fair water, a pint of Bay-Salt, and a handful of green Fennel or Dill, boyl it a little, and when it is cold, put it into a Barrel, then put your Cucumbers into that Pickle, and you may keep them all the Year.

184. *To preſerve white Damſons Green.*

*S*cald white Damſons in water, till they be hard, then take them off, and pick as many as you pleaſe, take as much *S*ugar as they weigh, put two or three ſpoonfuls of water, then put in the Damſons and the *S*ugar, and boyl them, take them off, then let them ſtand a day or two, then boyl them again, take them off, and let them ſtand till they be cold.

185. *To make Cakes of Limons.*

Take of the fineſt double refined *S*ugar, beaten very fine, and ſierced through fine Tiffany, and to half a Porringer of *S*ugar put two ſpoonfuls of water, and boyl it till it be almoſt *S*ugar again, then grate of the hardeſt Rinded Limon, and ſtir it into your *S*ugar, put it into your Coffins, and a paper, and when they be cold, take them off.

186. *To make Artificial Walnuts.*

Take ſome *Sugar*-plate, and print it in a Mould made for a Walnut-kernel, and then yellow it all over with a little *Saffron*-water, with a Feather; then take Cinamon ſierced, and *Sugar* a like Quantity, working it to a Paſte with Gum-dragon ſteeped in Roſe-water, and print it in a Mould made like a Walnut-ſhell, and when the kernel and ſhell be dry, cloſe them together with Gum-dragon.

187. *To make Black-Cherry-Wine.*

Take a Gallon of the juice of Black-Cherries, keep it in a Veſſel cloſe ſtopped, till it begin to work, then filter it, and an Ounce of *Sugar* being added to every Pint, and a Gallon of White-Wine, and ſo keep it cloſe ſtopped for Uſe.

188. *To make Roſe-Vinegar.*

Take of Red-Roſe buds (gathered in a dry time, the whites cut off, then dry them in the ſhadow three or four days) one pound, of Vinegar eight *Sextaries*; ſet them

them in the Sun forty days, then ſtrain out the Roſes, and put in freſh; and ſo repeat it three or four times.

189. *To make ſyrup of Vinegar.*

Take of the Roots of ſmalledge, Fennel, Endive, each three Ounces; Anniſeeds, ſmalledge, Fennel, of each an Ounce, Endive half an Ounce, clear water three quarts; boyl it gently in an Earthen Veſſel, till half the water be conſumed, then ſtrain, and Clarifie it, and with three pound of ſugar, and a pint and half of White-wine-Vinegar, boyl it into a ſyrup.

This is a Gallant ſyrup for ſuch whoſe Bodies are ſtuffed, either with Phlegm, or tough Humours, for it opens Obſtructions or ſtoppings, both of the ſtomack, Liver, ſpleen, and Reins; it cuts and brings away tough Phlegm, and Choler.

190. *To make ſyrup of Apples.*

Take two quarts of the juice of ſweet-ſcented Apples, the juice of Bugloſs, Garden, and Wild, of Violet-leaves, and Roſe-water, of each a pound, boyl them together,

together, and Clarifie them, and with ſix pound of very fine ſugar, boyl them into a ſyrup, according to Art.

191. To *make the Capon-water againſt a Conſumption.*

Take a Capon, the Guts being pull'd out, cut it in pieces, and take away the Fat, boyl it in a cloſe Veſſel in a ſufficient quantity of ſpring-water: Take of this Broath three pints, of Burrage, and Violet-water a pint and a half, White-Wine one pint, Red-Roſe leaves two drams and an half, Burrage-Flowers, Violets, and Bugloſs, of each one Dram, pieces of bread out of the Oven half a pound, Cinamon bruiſed, half an Ounce; ſtill it in a Glaſs ſtill, according to Art.

This is a ſovereign Remedy againſt Hectick-Fevers, and Conſumptions; let ſuch as are ſubject to thoſe Diſeaſes, hold it as a Jewel.

192. To *make Elder-Vinegar.*

Gather the Flowers of Elder, pick them very clean, dry them in the Sun, on a gentle heat, and to every quart of Vi-

negar

negar take a good handful of Flowers, and let it ſtand in the Sun a fortnight, then ſtrain the Vinegar from the Flowers, and put it into the Barrel again, and when you draw a quart of Vinegar, draw a quart of Water, and put it into the Barrel luke-warm.

193. *To make China Broath.*

Take an Ounce of China-Root clipped thin, and ſteep it in three pints of Water all Night, on Embers covered; the next day take a Cock Chicken, clean pickt, and the Guts taken out, put in its Belly Agrimony and Maiden-hair, of each half a handful, Raiſins of the Sun ſtoned, one good handful, and as much *French* Barley; boyl all theſe in a Pipkin cloſe covered, on a gentle Fire, for ſix or ſeven hours, let it ſtand till it be cold, ſtrain it, and keep it for your Uſe: Take a good Draught in the Morning, and at four in the After-noon.

194. *To make Paſte of tender Plums.*

Put your Plums into an Earthen Pot, and ſet it into a Pot of boyling water, and when the Plums are diſſolved, then ſtrain the thin Liquor from them through a Cloath, and reſerve that Liquor to make Quiddany, then ſtrain the pulp through a piece of Canvas, and take as much Sugar as the pulp in weight, and as much water as will wet the ſame, and ſo boyl it to a Candy height, then dry the pulp upon a Chafing-diſh of Coals, then put your Syrup and the pulp ſo hot together, and boyl it, always ſtirring it till it will lye upon a Pye-plate, as you lay it, and that it run not abroad, and when it is ſomewhat dry, then uſe it, but put to it the pulp of Apples.

196. *To make Cream of Codlings.*

Firſt, ſcald your Codlings, and ſo peel off the skins, then ſcrape the pulp from the Cores, and ſtrain them with a little Sugar, and Roſe-water, then lay your pulp of Codlings in the middle of the Diſh, and

ſo

ſo much raw Cream round it as you pleaſe, and ſo ſerve it.

196. *To make Sugar of Roſes.*

Take of Red-Roſe-Leaves, the whites being cut off, an Ounce, dry them in the Sun ſpeedily, put to it a pound of white Sugar, melt the Sugar in Roſe-water, and Juice of Roſes, of each two Ounces, which being conſumed by degrees, put in the Roſe-Leaves in powder, mix them, put it upon a Marble, and make it into Lozenges, according to Art.

197. *To make a Cream Tart.*

Cut the Cruſt of a Manchet, and grate it ſmall, and mix it with thick Cream, and ſome ſweet Butter; then take twenty-four Yolks of Eggs, and ſtrain them with a little Cream, putting thereto a good quantity of Sugar; mix theſe very well, and ſet it upon a ſmall fire, and ſo let it boyl till it be thick; then make two ſheets of Paſte as thin as you can, and raiſe the ſides of one of them, the height of one of your fingers in breadth, and then fill it, and cover it with the other ſheet, then bake

bake it half a quarter of an hour, then put Sugar on it, and ſo ſerve it.

198. To *make Artificial Oranges.*

Take Alabaſter Moulds made in three pieces, bind two of the pieces together, and water them an hour or two, then take as much Sugar as you think will fill your Moulds, and ſo boyl it to a height; then pour it into your Moulds one by one very quick: Then put on the Lid of the Mould, and ſo turn it round with your Hand as quick as you can, and when it is cold, take it out of the Mould, and they will be both whole, and hollow within, and ſo it will appear, and reſemble the Mould wherein it is put, whether Oranges, Limons, Cucumbers, or the like.

199. To *make* Poppy-*water.*

Take of Red Poppies four pound, put to them a quart of White-Wine, then Diſtill them in a Common Still, then let the Diſtilled water be poured upon freſh Flowers, and repeated three times, to which add two Nutmegs ſliced, Red Poppy-Flowers a pugil, white Sugar two Ounces;

Ounces; ſet it to the Fire, to give it a pleaſing tharpneſs, and Order it according to your taſte.

200. To *make* Mathiolus Bezoar *Water.*

Take of Syrup of Citron-peels a quart, and as much of Dr. *Mathiolus* great Antidote, with five pints of the Spirit of Wine, five times Diſtill'd over; put all theſe in a Glaſs that is much too big to hold them; ſtop it cloſe, that the Spirit fly not out, then ſhake it together, that the Electuary may be well mingled with the Spirit, ſo let it ſtand a Moneth, ſhaking it together twice a week (for the Electuary will ſettle at the bottom) After a Moneth pour off the clear water into another Glaſs, to be kept for your uſe, ſtopping it very cloſe with Wax and Parchment, elſe the ſtrength will eaſily fly away in Vapours.

201. To *make Marmalade of Red Currans.*

Take the juice of Red Currans, and put into a pretty quantity of White Currans,

rans, clean pickt from the ſtalks and buttons at the other end; let theſe boyl a little together, have alſo ready ſome fine Sugar boyl'd to a Candy height, put of this to the Currans, acording to your diſcretion, and boyl them together, till they be enough, and bruiſe them with the back of your ſpoon, that they may be thick as Marmalade, and when it is cool put it into Pots: You need not ſtone the whole Currans, unleſs you pleaſe.

202. To *make a Syllabub.*

Take a Pint of Verjuice in a Bowl, Milk the Cow to the Verjuice; then take off the Curd, and take ſweet Cream, and beat them together with a little Sack and Sugar, put it into your Syllabub-Pot, ſtrew Sugar on it, and ſerve it.

203. To *make pleaſant Mead.*

Put a quart of Honey to a Gallon of Water, with about ten ſprigs of Sweet-Marjoram, and half ſo many Tops of Bays, boyl theſe very well together, and when it is cold, Bottle it up, and in ten days it will be ready to drink.

204. To *make Steppony.*

Take a Gallon of Conduit-water, a pound of blew Raiſins of the Sun ſtoned, and half a pound of Sugar, ſqueeze the juice of two Limons upon the Raiſins and Sugar, and ſlice the Rindes upon them: Boyl the water, and pour it boyling hot upon the Ingredients in an Earthen Pot, and ſtir them well together, ſo let it ſtand Twenty four hours; then put it into Bottles, having firſt let it run through a ſtrainer, and ſet them in a Cellar, or other cool place.

205. To *make Syder.*

Take a Peck of Apples and ſlice them, and boyl them in a Barrel of Water, till the third part be waſted; then cool your water as you do for Wort, and when it is cold, you muſt pour the water upon three Meaſures of grown Apples. Then draw forth the Water at a Tap three or four times a day, for three days together. Then preſs out the Liquor, and Tun it up; when it hath done working, ſtop it up cloſe.

206. To *make* Cock-*Ale.*

Take eight Gallons of Ale, then take a Cock, and boyl him well, with four pound of Raiſins of the Sun well ſtoned, two or three Nutmegs, three or four flakes of Mace, half a pound of Dates; beat theſe all in a Mortar, and put to them two quarts of the beſt Sack; and when the Ale hath done working, put theſe in, and ſtop it cloſe ſix or ſeven days, and then Bottle it, and a Moneth after you may drink it,

207. To *make a* Caraway-*Cake.*

Take three pound and a half of the fineſt Flower, and dry it in an Oven, one pound and a half of Sweet Butter, and mix it with the Flower, till it be crumbled very ſmall, that none of it be ſeen; then take three quarters of a pint of New Ale-Yeaſt, and half a pint of Sack, and half a pint of New Milk, with ſix ſpoonfuls of Roſe-water, and four Yolks, and two Whites of Eggs; then let it lye before the Fire half an hour, or more; and when you go to make it up, put in three quarters

of

of Carraway-Comfits, and a pound and half of Biskets. Put it into the Oven, and let it ſtand an hour and an half.

208. *To make Strawberry-wine.*

Bruiſe the Strawberries, and put them into a Linnen bag, which hath been a little uſed, that ſo the Liquor may run through more eaſily; then hang in the Bag at the bung into the Veſſel. Before you put in your Strawberries, put in what quantity of Fruit you think good, to make the Wine of a high Colour; during the working, leave the bung open, and when it hath work'd enough, ſtop your Veſſel: Cherry-wine is made after the ſame Faſhion, but then you muſt break the Stones.

209. *To make a Cordial Water of Clove-gilly flowers.*

Put Spirit of Wine, or Sack upon Clove-gilly-flowers, digeſt it two or three days; put all in a Glaſs-body, laying other Clove-gilly-flowers at the mouth of it upon a Cambrick, or Boulter-cloath, (that the Spirit riſing, and paſſing through the

the Flowers, may ting it ſelf of a beautiful Colour) add a Head with a Limbeck and Receiver: Then Diſtill the Spirit as ſtrong as you like it, which ſweeten with Syrup of Gilly-flowers, or fine Sugar.

210 *To make an Excellent Surfeit-Water.*

Take Mint and *Carduus* four parts, *Angelica* one part, Wormwood two parts; chop and bruiſe them a little, put a ſufficient quantity of them into an Ordinary Still, and put upon them enough New Milk to ſoak them, but not to have the Milk ſwim much over them. Diſtill this as you do Roſe-water, ſtirring it ſometime with a ſtick, to keep the Milk from growing to a Cake.

211. *To make Mint-water.*

Take two parts of Mint, and one part of Wormwood, and two parts of *Carduus*; put theſe into as much New Milk as will ſoak them: Let them infuſe five or ſix hours, then Diſtill as you Diſtill Roſe-water, but you muſt often take off the

the Head, and ſtir the Matter well with a ſtick: Drink of this Water a Wine-glaſs full at a time, ſweetned with fine Sugar to your taſte.

212. *To pickle Artichoaks.*

Take your Artichoaks before they are over-grown, or too full of ſtrings, and when they are pared round, then nothing is left but the bottom, boyl them till they be indifferent tender, but not full boyled, take them up, and let them be cold, then take good ſtale Beer, and White Wine, with a great quantity of whole Pepper, ſo put them up into a Barrel, with a ſmall quantity of Salt, keep them cloſe, and they will not be ſour, it will ſerve for baked Meats, and boyled Meats all the Winter.

213. *To make Rasberry-Cream.*

When you have boyled your Cream, take two Ladle-fuls of it, being almoſt cold, bruiſe the Rasberries together, and ſeaſon it with Sugar, and Roſe-water, and put it into your Cream, ſtirring it altogether, and ſo diſh it up.

214. *To*

214. To *make Snow-Cream.*

Break the whites of ſix Eggs, put thereto a little Roſe-water, beat them well together with a bunch of Feathers, till they come perfectly to reſemble Snow; then lay on the ſaid Snow in heaps upon other Cream that is cold, which is made fit for the Table; you may put under your Cream in the bottom of the Diſh, part of a penny Loaf, and ſtick therein a branch of Roſemary or Bays, and fill your Tree with the ſaid Snow to ſerve it up.

215. To *make Hydromel.*

Take eighteen quarts of Spring-water, and one quart of Honey; when the water is warm, put the Honey into it, when it boyls up ſcum it very well, even as long as any ſcum will riſe; then put in one Race of Ginger, ſliced in thin ſlices, four Cloves, and a little ſprig of green Roſemary; boyl all together an hour, then ſet it to cool till it be Blood-warm, and then put to it a ſpoonful of Ale-yeaſt, when it is work'd up, put it into a Veſſel of a fit ſize, and after two or three days

Bottle

Bottle it up; you may drink it in ſix weeks, or two Moneths.

216. *To make a whipt Syllabub.*

Take the whites of two Eggs, and a pint of Cream, with ſix ſpoonfuls of Sack, and as much Sugar as will ſweeten it; then take a Birchen Rod and whip it, as it riſeth in froth ſcum it, and put it into the Syllabub-pot, ſo continue it with whipping and ſcumming, till your Syllabub-Pot be full.

217. To *make Marmalade of Cherries.*

Take four pound of the beſt *Kentiſh* Cherries before they be ſtoned, to one pound of pure Loaf-Sugar, which beat into ſmall powder, ſtone the Cherries, and put them into a Preſerving-Pan over a gentle Fire, that they may not boyl, but diſſolve much into Liquor. Take away with the ſpoon much of the thin Liquor, leaving the Cherries moiſt enough, but not ſwimming, in clean Liquor; then put to them half your Sugar, and boyl it up quick, and ſcum away the Froth that riſeth;

riſeth; when it is well incorporated and clear, ſtrew in a little more of the Sugar, and continue ſo by little and little, till you have put in all your Sugar, which will make the Colour the fairer; when they are boyled enough, take them off, and bruiſe them with the back of a ſpoon, and when they are cold, put them up in Pots.

218. *To make a Flomery-Caudle.*

When Flomery is made, and cold, you may make a pleaſant, and wholeſome Caudle of it, by taking ſome lumps and ſpoonfuls of it, and boyl it with Ale and White-Wine, then ſweeten it to your taſte with Sugar. There will remain in the Caudle ſome lumps of the Congealed Flomery, which are not ingrateful.

219. *To Preſerve Fruit all the Year.*

Put the Fruit into a fit Caſe of Tin, and ſoder it together, ſo that no Air can get in; then lay it in the bottom of a cold Well in Running water.

220. *To make a moſt Rich Cordial.*

Take Conſerve of Red Roſes, Conſerve of Orange-Flowers, of each one Ounce; *Confect. Hyacinthi,* Bezoardick, Theriacal Powder, of each two Drams, Confection of Alkermes one Dram, of powder of Gold one Scruple; mix all theſe well together in the form of an Opiate, and if the Compoſition be too dry, add to it ſome Syrup of Red Currans, as much as is needful; take of this Compoſition every Morning, the quantity of a Nut.

221. *To Pickle Red and White Currans.*

Take Vinegar and White-Wine, with ſo much Sugar as will make it pretty ſweet, then take your Red and White Currans, being not fully Ripe, and give them one walm, ſo cover them over with the ſaid Pickle, keeping them always under Liquor.

222. To *make Red* Currans-Cream.

Bruiſe your Currans with ſome boyled Cream, then ſtrain them through your ſtrainer, or Siev, and put the liquid ſubſtance thereof to the ſaid Cream, being almoſt cold, and it will be a pure Red; ſo ſerve it up.

223. To *Preſerve Medlars.*

Take the weight of them in Sugar, adding to every pound thereof, a pint and a half of fair water, let them be ſcalded therein, till their skin will come off; then take them out of the water, and ſtone them at the Head, then add your Sugar to the water, and boyl them together, then ſtrain it, and put your Medlars therein; let them boyl apace till it be thick; take them from the Fire, and keep them for Uſe.

224. To *Preſerve Mulberries.*

Take the like weight of Sugar, as of Mulberries, wet the Sugar with ſome of the juice thereof, ſtir it together, put in

your Mulberries, and let them boyl till they are enough, then take out your Mulberries, but let your Syrup boyl a while after; then take it off, and put it into your Mulberries, and let them ſtand till they be cold, for your Uſe.

225. To *make white Mead.*

Take ſix Gallons of Water, and put in ſix quarts of Honey, ſtirring it till the Honey be throughly melted; then ſet it over the Fire, and when it is ready to boyl, ſcum it very clean; then put in a quarter of an Ounce of Mace, and as much Ginger, half an Ounce of Nutmegs, Sweet Marjoram, broad Thyme, and Sweet Bryar, of all together a handful, and boyl them well therein, then ſet it by till it be throughly cold, and then Barrel it up, and keep it till it be Ripe.

226. To *make Naples-Biſket.*

Take of the ſame ſtuff the Mackroons are made of, and put to it an Ounce of Pine-Apple-ſeeds, in a quarter of a pound of ſtuff, for that is all the difference between the Mackroons and the Naples Biſkets.

227. To

227. *To make Chips of Quinces.*

Scald them very well, and then ſlice them into a Diſh, and pour a Candy Syrup to them ſcalding hot, and let them ſtand all Night, then lay them on Plates, and ſierſe Sugar on them, and turn them every day, and ſcrape more Sugar on them till they be dry. If you would have them look clear, heat them in Syrup, but not to boyl.

228. *To make Lozenges of Roſes.*

Boyl Sugar to a height, till it is Sugar again, then beat your Roſes fine, and moiſten them with the juice of Limons, and put them into it, let it not boyl after the Roſes are in, but pour it upon a Pye-Plate, and cut it into what form you pleaſe.

229. *To make Conſerve of Bugloſs-Flowers.*

Pick them as you do Burrage-Flowers, weigh them, and to every Ounce add two Ounces of Loaf-Sugar, and one of Sugar-Candy; beat them together, till they become very fine, then ſet it on the Fire to

diſſolve the Sugar, and when it is ſo done, and the Conſerve hot, put it into your Glaſſes, or Gally-Pots, for your Uſe all the Year.

230. To *Pickle Limon and Orange-Piel.*

Boyl them with Vinegar and Sugar, and put them up into the ſame Pickle; you muſt Obſerve to cut them into ſmall Thongs, the length of half the Piel of your Limon, being pared; it's a handſom ſavoury Winter Sallet: Boyl them firſt in Water, before you boyl them in Sugar.

231. To *make Goosberry-Paſte.*

Take Gooſeberries, and cut them one by one, and wring away the juice, till you have got enough for your turn, boyl your juice alone, to make it ſomewhat thicker; then take as much fine Sugar as your juice will ſharpen, dry it, and then beat it again; then take as much Gum-dragon ſteeped in Roſe-water as will ſerve; then beat it into a Paſte in a Marble Mortar, then take it up, & print it in your Moulds, and dry it in your Stove, when it is dry Box it up for your Uſe all the Year.

232. To

232. To make Suckets of Lettuce-ſtalks.

Take Lettuce-ſtalks, and peel away the out-ſide, then par-boyl them in fair water, and let them ſtand all Night dry, then take half a pint of the ſame Liquor, and a quart of Roſe-water, and ſo boyl it to a Syrup, and when the Syrup is almoſt cold put in your Roots, and let them ſtand all Night to take Sugar; then boyl your Syrup again, becauſe it will be weak, and then take out your Roots.

233. To make *Muſk-Sugar*.

Bruiſe four or five Grains of Muſk, put it in a piece of Cambrick or Lawn; lay it at the bottom of a Gally-Pot, and ſtrew Sugar thereon, ſtop your Pot cloſe, and all your Sugar in a few days will both ſmell and taſte of Muſk; and when you have ſpent that Sugar, lay more Sugar thereon, which will alſo have the ſame ſcent.

234. *To make Prince-Biſket.*

Take one pound of very fine Flower, and one pound of fine ſugar, and eight Eggs, and to ſpoonfuls of Roſe-water, and one Ounce of Carraway-ſeeds, and beat it all to Batter one whole hour, for the more you beat it, the better your Bread is; then Bake it in Coffins of white Plate, being baſted with a little Butter, before you put in your Batter, and ſo keep it.

235. *To Candy Roſe-Leaves.*

Boyl Sugar and Roſe-water a little upon a Chafing-diſh of Coals, then put the Leaves (being throughly dryed, either by the Sun, or on the Fire) into the Sugar, and boyl them a little; then ſtrew the powder of double-refined Sugar upon them, and turn them, and boyl them a little longer, taking the Diſh from the Fire, then ſtrew more powdered Sugar on the contrary ſide of the Flowers.

236. To *Preserve Roses, or Gilly-flowers whole.*

Dip a Rose that is neither in the Bud, nor over-blown, in a Syrup, consisting of Sugar double-refined, and Rose-water boyled to it's full height, then open the leaves one by one with a fine smooth Bodkin, either of Bone or Wood, then lay them on Papers in the heat, or else dry with a gentle heat in a close Room, heating the Room before you set them in, or in an Oven, then put them up in Glasses, and keep them in dry Cup-boards near the Fire.

237. To *make Jelly of Quinces.*

Take of the juice of Quinces Clarified six quarts, boyl it half away, and add to the remainder five pints of Old White-Wine, consume the third part over a gentle fire, taking away the scum, as you ought; let the rest settle, and strain it, and with three pound of Sugar boyl it, according to Art.

238. *To make Jelly of Currans.*

Take four pound of good Sugar, and clarifie it with whites of Eggs, then boyl it to a Candy height, that is, till it go into flaſhes; then put to it five pints, (or as much as you pleaſe) of the pure juice of Red Currans, firſt boyled, to Clarifie it, by ſcumming it; boyl them together a while, till they be ſcum'd well, and enough to become a Jelly, then put a good handful or two of the Berries of Currans whole, and cleanſed from the ſtalks and black End, and boyl them til they are enough. You need not boyl the juice before you put to the Sugar, neither ſcum it before the Sugar and it boyl together, but then ſcum it clean, and take care that the juice be very clear, and well ſtrained.

239. *To make Syrup of Mint.*

Take of the juice of ſweet Quinces, and between ſweet and ſour, the juice of Pomegranats, ſweet, between ſweet and four, of each a pint and half; dryed Mint half a pound, Red Roſes two Ounces;

ces; let them lye in ſteep one day, then boyl it half away, and with four pound of Sugar boyl it into Syrup, according to Art.

240. *To make Honey of Mulberries.*

Take of the juice of Mulberries and Black-berries, before they be Ripe, gathered before the Sun be up, of each a pound and half, Honey two pound; boyl them to their due thickneſs.

241. *To make Syrup of Purſlain.*

Take of the ſeed of Purſlain groſly bruiſed half a pound, of the juice of Endive boyled and Clarified two pints, Sugar two pound, Vinegar nine Ounces; infuſe the ſeeds in the juice of Endive Twenty four hours, afterwards boyl it half away with a gentle Fire, then ſtrain it, and boyl it with the Sugar to the conſiſtence of a Syrup, adding the Vinegar toward the latter end of the Decoction.

242. *To make Honey of Raiſins.*

Take of Raiſins of the Sun cleanſed from the ſtones two pound, ſteep them in ſix pints of warm water, the next day boyl it half away, and preſs it ſtrongly; then put two pints of Honey to the Liquor that is preſſed out, and boyl it to a thickneſs: It is good for a Conſumption, and to looſen the Body.

243. *To make Syrup of Comfrey.*

Take of the Roots and Tops of Comfrey, the greater and the leſs, of each three handfuls, Red Roſes, Betony, Plantain, Burnet, Knot-graſs, Scabious, Colts-foot, of each two handfuls, preſs the juice out of them, all being green and bruiſed, boyl it, ſcum it, and ſtrain it, add to it it's weight of Sugar, and make it into Syrup, according to Art.

244. *To Pickle Quinces.*

Boyl your Quinces whole in water till they be ſoft, but not too violently, for fear of breaking them; when they are ſoft

ſoft take them out, and boyl ſome Quinces pared, quartered, and Cored, and the parings of the Quinces with them in the ſame Liquor, to make it ſtrong, and when they are boyled, that the Liquor is of a ſufficient ſtrength, take out the quartered Quinces and parings, and put the Liquor into a Pot big enough to receive all the Quinces, both whole and quartered, and put them into it when the Liquor is through cold, and keep them for Uſe cloſe covered.

245. *To make Plague-water.*

Take a pound of Rue, of Roſemary, Sage, Sorrel, Celandine, Mugwort, of the tops of red Brambles, Pimpernel, Wild Dragons, Agrimony, Balm, Angelica, of each a pound; put theſe Compounds in a Pot, fill it with White-Wine above the Herbs, ſo let it ſtand four days, then Diſtill for your Uſe in an Alembeck.

245. *To make Quince-Cakes white.*

Firſt Clarifie the Sugar with the white of an Egg, but put not ſo much water to

it

it as you do for Marmalade, before you Clarifie it keep out almoſt a quarter of the Sugar; let your Quinces be ſcalded, and chopt in ſmall pieces, before you put it into the Syrup, then make it boyl as faſt as you can, and when you have ſcummed it, and think it to be half boyled, then jamire it, and let the other part of your Sugar be ready Candyed to a hard Candy, and ſo put them together, letting it boyl but a very little after the Candy is put to it, then put in a little Musk, and ſo lay it out before it be cold.

246. *To make Red Quince-Cakes.*

Bake them in an Oven, with ſome of their own juice, their own Cores being cut and bruiſed, and put to them; then weigh ſome of the Quince, being cut into ſmall pieces, taking their weight in Sugar, and with the Quince ſome pretty quantity of the juice of Barberries, being baked, or ſtewed in a Pot; when you have taken the weight in Sugar, you muſt put the weighed Quince, and above three Quarters of the Sugar together, and put to it ſome little quantity of water, as you ſhall ſee Cauſe, but make not

not the Syrup too thin; and when you have put all this together, cover it, and ſet it to the Fire, keep it covered, and ſcum it as much as you can, when it is half boyled, then ſymmer it; let the other part of the Sugar have no more water put to it, then wet the *Sugar* well, and ſo let it boyl to a very hard Candy, and when you think they be boyled enough, then lay them out before they be cold.

247. To *make clear Cakes of Quinces.*

Prepare your Quinces and Barberries, as before, and then take the cleareſt *Syrup*, and let it ſtand on the Coals two or three hours, then take the weight of it in *Sugar*, and put near half the *Sugar* to the juice, and ſo let them boyl a little on the fire, and then Candy the reſt of the *Sugar* very hard, and ſo put them together, ſtirring it till it be almoſt cold, and ſo put it into Glaſſes.

248. To *make Jelly of Raſpices.*

Firſt ſtrain your Raſpices, and to every quart of juice, add a pound and half of *Sugar*,

Sugar, pick out ſome of the faireſt, and having ſtrewed Sugar in the bottom of the Skillet, lay them in one by one, then put the juice upon them with ſome Sugar, reſerving ſome to put in when they boyl, let them boyl apace, and add Sugar continually, till they are enough.

249. *To make all ſorts of Comfits, and to cover Seeds, or Fruits with Sugar.*

You muſt provide a Baſon very deep, either of Braſs or Tin, with two Ears of Iron to hang it with a Rope over an Earthen Pan, with hot Coals, then provide a broad Pan for Aſhes, and put hot Coals upon them, and another clean Baſon to melt your Sugar in, or a Skillet, as alſo a Ladle of Braſs to run the Sugar upon the Seeds, together with a Slice of Braſs, to ſcrape away the Sugar from the Baſon that hangs, if there be Occaſion. Then take ſome of the beſt and faireſt Sugar you can get, and beat it into powder; cleanſe your ſeeds well, and dry them in the hanging Baſon; put a quarter of a pound of ſeeds, whether Anniſeed, or Coriander-ſeeds, to every two pound of Sugar,

Sugar, and that will make them big enough, but if you would have them bigger, add the more Sugar, which you muſt melt thus; put three pound of Sugar into your Baſon, adding to it one pint of clean Running-water, ſtir it well with a brazen ſlice, till it be well moiſtened; then ſet it over a clear fire, and melt it well, and let it boyl mildly till it ropes from the Ladle, then keep it upon hot Embers, but let it not boyl, and ſo let it run upon the Seeds from the Ladle: If you would have them done quickly, let your water be boyling hot, and putting a Fire under the Baſon, caſt on your Sugar boyling hot; put but as much water to the Sugar as will diſſolve the ſame, neither boyl your Sugar too long, which will make it black; ſtir the ſeeds in the Baſon as faſt as you can as you caſt on the Sugar, at the firſt put in but half a ſpoonful of the Sugar, moving the Baſon very faſt, rubbing the ſeeds very well with your hand, which will make them take Sugar the better, and let them be very well dryed between every Coat; repeat this rubbing and drying of them between every Coat, which will make them the ſooner; for this way, in every three hours

you

hours you may make three pound of Comfits. A quarter of a pound Coriander-ſeeds, and three pound of Sugar will make very large Comfits; keep your Sugar always in good temper, that it run not into lumps. When your Comfits are made, lay them to dry upon Papers, either before the Fire, or in the hot Sun, or in an Oven, which will make them very white.

250. *To Candy Nutmegs, or Ginger.*

Take a pound of fine Sugar, and ſix or ſeven ſpoonfuls of Roſe-water, Gum-Arabick, the weight of ſix pence, but let it be clear; boyl all theſe together, till they rope, put it then out into an Earthen Diſh, put to it your Nutmegs or Ginger, then cover it cloſe, and lute it with Clay, that no Air enter in; keep it in a warm place about twenty days, and they will Candy into a hard Rock-Candy; then break your Pot, and take them out: In the ſame manner you may Candy Oranges and Limons.

251. To *make* Currans-Wine.

Pick a pound of the beſt Currans, and put them in a deep ſtreight-mouth'd earthen Pot, and pour upon them about three quarts of hot water, having firſt diſſolved therein three ſpoonfuls of the pureſt and neweſt Ale-yeaſt; ſtop it very cloſe, till it begins to work, then give it vent as is neceſſary, and keep it warm, for about three days it will work and ferment, taſte it after two days to ſee if it be grown to your liking, then let it run through a ſtrainer, to leave behind all the Currans, and the Yeaſt, and ſo Bottle it up; it will be very quick and pleaſant, and is admirable good to cool the Liver, and cleanſe the Blood; it will be ready to drink in five or ſix days after it is Bottled, and you may drink it ſafely.

252. To *make a Sweet-meat of Apples.*

Make your Jelly with ſlices of *John-Apples*, but firſt fill your Glaſs with ſlices cut round-ways, and pour in the Jelly to fill up the vacuities; let the Jelly be boyled

boyled to a good ſtiffneſs, and when it is ready to take from the Fire, put in ſome juice of Limon and Orange, if you like it, but let them not boyl, but let it ſtand upon the fire a while upon a pretty good heat, that the juices may incorporate well; a little Amber-greaſe added doth very well.

253. To make Conſerve of Sage.

Take about a pound of Flowers of Sage, freſh blown, and beat them in a Mortar, afterward put them in a Glaſs, and ſtop them cloſe, and then ſet them by a warm Fire, or in the Sun, and be ſure to ſtir them once a day at the leaſt, and it will keep good a twelve-moneth at the leaſt.

254. To make Paſte of Cherries.

Boyl ſome fair Cherries in water, till they come to a pap, and then ſtrain them through a Siev; then boyl ſome good Pippins unto pap alſo, put a quarter of a pound of the Apple-pap to a pound of the pap of Cherries, and mingle them together, then dry it, and ſo make it up into Paſte. 255. To

255. To *make Marmalade of Oranges.*

After you have pared your Oranges very thin, let them be boyled in three or four waters, even till they grow very tender; then take a quarter of a hundred of good *Kentish* Pippins, divide them, and take out the Cores, boyl them very well to pap, or more, but let them not lose their Colour; then pass your Apples through a strainer, and put a pound of *Sugar* to every pint of Juice, then boyl it till it will Candy; then take out the pulp of the Orange, and cut the Peel into long slices very thin, put in your Peel again, adding to it the juice of two or three Limons, and boyl up to a Candy.

256. To *make Paste of Apricots.*

Let your Apricots be very Ripe, and then pare them, then put them into a skillet, and set them over the fire without water, stir them very well with a skimmer, and let them be over the fire till they be very dry, then take some *Sugar* and boyl it into a Conserve, and mix an equal quantity

quantity of each together, and ſo make it into Paſte.

257. To *Pickle Artichoak-Bottoms.*

Take the beſt bottoms of Artichoaks, and par-boyl them, and when they are cold, and well drain'd from the water, and dryed in a Cloath, to take away all the moiſture, then put them into Pots, and pour your brine upon them, which muſt be as ſtrong as you can make it, which is done by putting in ſo much ſalt to it as it will receive no more, ſo that the ſalt ſinks whole to the bottom; cover over your Artichoaks with this water, and pour upon it ſome ſweet Butter melted, to the thickneſs of two fingers, that no Air may come in; when the Butter is cold, ſet up your Pot in ſome warm place, covered cloſe from Vermine. Before you put the bottoms in the Pot, you ſhould pull off all the leaves and choak, as they are ſerved at Table: The beſt time to do this is in Autumn, when your Plants produce thoſe which are Young and tender, for theſe you ſhould Pickle, before they come to open and Flower, but not before their Heads

Heads are round; when you would eat them, you must lay them in water, shifting the water several times, then boyl them once again, and so serve them.

258. To *make Marmalade of Grapes.*

Take of the fairest, and ripest blew Grapes, gathered in the heat of the day, that their moisture be dryed up throughly, spread them upon a Table, or Hindle in some Room, where the Air and sun may come in, let them lye so for fifteen or sixteen days, that they may both sweat and shrink; if it be Cloudy or cold weather, you may put them into an Oven, when it is only warm; after which, press them well with your hands, cleansing them from all the seeds, and stalks, putting the husks and juice to boyl in the Kettle, carefully scumming and clearing it from the seeds; reduce this Liquor also to a third part, diminishing the Fire as the Confection thickens, stirring often about with your spoon, to prevent it's cleaving to the Vessel, and to make it boyl equally; then strain it through a siev, or course Cloath, bruising the husks with your wooden Ladle,

Ladle to ſqueeze out the Subſtance, and then ſerving it out in a preſs, then ſet it again on the Fire, and let it boyl once more, keeping it continually ſtirring till you think it be ſufficienty boyled, then take it off, and pour it into Earthen Pans, that it may not taſte of the kettle, and being half cold, put it into Gally-pots to keep: Let your Pots ſtand open five or ſix days, and then cover them with Paper that the Paper may lye upon the Conſerve, and when the Paper grows mouldy put on another, till all the ſuperfluous moiſture is gone out, which will be in a little time if your Confection was well boyled, but if it were not, you muſt boyl it again.

259. *To Pickle Cornelians.*

Gather the faireſt and biggeſt Cornelians when they firſt begin to grow red, and after they have lain a while, put them up into a Pot or Barrel, filling them up with Brine, as for Artichoaks, and put to them a little green Fennel, and a few Bay-leaves, to make them ſmell well, then ſtop them up very cloſe, and let them ſtand for a Moneth: If you find them too

Salt,

Salt, make the Pickle weaker before you ſerve them to Table.

260. To *make Jelly of Apples.*

Take either Pippins or *John-Apples*, and cut them into quarters, either pared, or un-pared, boyl them in a good quantity of water, till it be very ſtrong of the Apples; take out the clear Liquor, and put to it a ſufficient quantity of Sugar to make Jelly with the ſlices of Apples; boyl all together till the Apples be enough, and the Liquor like a Jelly; or elſe you may boyl the ſlices in Apple-Liquor without Sugar, and make Jelly of other Liquor, and put the ſlices into it, when they be Jelly, and it is ſufficiently boyled; put to it ſome juice of Limon, and Amber, and Musk, if you will.

261. To *make Jelly of Gooſeberries.*

Let your Gooſeberries be full Ripe, then ſtrain them through a ſtrainer, and to every two pound of Juice put three quarterns of Sugar, boyl it before you mix it, and then boyl it again together;

when they are mixed try, it upon a Plate, when it is enough, it riſeth off.

262. To *make Bragget.*

Put two Buſhels and a half of Malt to one Hogſhead of Water, the firſt running makes half a Hogſhead very good, but not very ſtrong; the ſecond is very weak: Boyl but half a quartern of Hops, put your water to the Malt the Ordinary way, boyl it very well, and work it with good Beer-yeaſt: Now, to make get, take the firſt running of the put leſs Honey in it than you Ordinary Mead, but twice much Spice and Herbs; th Veſſel, after it's working hang within it a Bag of bru ther more than you boyled it it hang in the Barrel all the wh it.

263. To *make* Italian *Marmala*

Take fifteen pound of Quinces, three pound of Sugar, and two pound of water, and boyl them all together; when it is well boyled ſtrain it by little and little through

a

a Cloath, as much as you can, then take the juice and put to it four pound of Sugar, and then boyl it; try it on a Plate, to know when it is enough, and if it come off, take it presently off the Fire, and put it in Boxes for your Use.

[redacted]*NIS.*

---

when they are mixed try, it upon a Plate, when it is enough, it riſeth off.

262. To *make Bragget.*

Put two Buſhels and a half of Malt to one Hogſhead of Water, the firſt running makes half a Hogſhead very good, but not very ſtrong; the ſecond is very weak: Boyl but half a quartern of Hops, put your water to the Malt the Ordinary way, boyl it very well, and work it with very good Beer-yeaſt: Now, to make Bragget, take the firſt running of this Ale, but put leſs Honey in it than you do for your Ordinary Mead, but twice or thrice as much Spice and Herbs; then put it in a Veſſel, after it's working with the Yeaſt, hang within it a Bag of bruiſed Spices, rather more than you boyled it with, and let it hang in the Barrel all the while you draw it.

263. To *make* Italian *Marmalade.*

Take fifteen pound of Quinces, three pound of Sugar, and two pound of water, and boyl them all together; when it is well boyled ſtrain it by little and little through

a Cloath, as much as you can, then take the juice and put to it four pound of Sugar, and then boyl it; try it on a Plate, to know when it is enough, and if it come off, take it presently off the Fire, and put it in Boxes for your Use.

FINIS.

THE PHYSICAL Cabinet:

CONTAINING

Excellent Receits in Phyſick and Chirurgery, for Curing moſt Diſeaſes Incident to the BODY.

TOGETHER

With ſome Rare Beautifying Waters, Oyls, Oyntments, and Powders, to Adorn and add Lovelineſs to the FACE and BODY.

AS ALSO

Some New and Excellent Secrets and Experiments in the Art of *ANGLING.*

London, Printed in the Year 1675.

PHYSICK AND CHIRURGERY.

1. *An Approved Remedy for the Stone and Gravel.*

TAke the hard Roe of a Red Herring, and dry it upon a Tile in an Oven, then beat it to powder, and take as much as will lye upon a Six-pence every Morning Fasting, in a Glass of Rhenish-Wine.

2. *An Excellent Drink for the Scurvey.*

Take a pound of Garden-Scurvy-Grass, six handfuls of Wormwood and Elder-tops, one Ounce of Carraway-seeds, and one Ounce of Nutmegs; put them all

together into six Gallons of New Ale, and let them work together, and after a convenient time of working, Drink of it every Morning Fasting.

3. *A Receipt for the Gout, known to be very helpful.*

Take five or six black Snails, and cut off their Heads, then put to them one penny-worth of Saffron, and beat them together, and spread it on the woolly side of a piece of Sheeps Leather, and apply it to the soles of the Feet, anointing the sore place with the Marrow of a Stone-Horse.

4. *For Griping of the Guts.*

Take Anniseeds, Fennel, Bay-berries, Juniper-berries, Tormentil, Bistort, Balaustius, Pomegranate-pills, each one Ounce, Rose-leaves a handful, boyl them in Milk, strain it, and add the Yolk of an Egg, six Grains of Laudanum dissolved in the Spirit of Mint; prepare it for a Glyster, and give it warm.

5. *A*

5. *A Sovereign Medicine for any ach or pain.*

Take Barrows-greaſe, a Lap full of Arch-Angel-leaves, Flowers, Stalks and all, and put it into an Earthen Pot, and ſtop it cloſe, and paſte it; then put in an Horſe Dung-hill nine days in the latter End of *May*, and nine days in the beginning of *June*; then take it forth, and ſtrain it, and ſo uſe it.

6. *For the Sciatica, and pains in the Joynts.*

Take Balm and Cinquefoil, but moſt of all Betony, Nep, and Featherfew, ſtamp them, and drink the Juice with Ale or Wine. *Probatum.*

7. *For an Ague.*

Take the Root of a blew Lilly, ſcrape it clean, and ſlice it, and lay it in ſoak all Night in Ale, and in the Morning ſtamp it, and ſtrain it, and give it the Patient Luke-warm to Drink an hour before the Fit cometh.

8. *For all Fevers and Agues in Sucking Children.*

Take Powder of Cryſtal, and ſteep it in Wine, and give it the Nurſe to drink, alſo take the Root of Devils-bit, with the Herb, and hang it about the Childs Neck.

9. *A good Medicine to ſtrengthen the Back.*

Take Comfrey, Knot-graſs, and the Flowers of Arch-Angel; boyl them in a little Milk, and Drink it off every Morning.

10. *For the Head-ach.*

Take Roſe-Cakes, and ſtamp them very ſmall in a Mortar with a little Ale, and let them be dryed by the Fire on a Tile-sheard, and lay it to the Nape of the Neck, to Bed-ward. *Proved.*

11. *For*

11. *For the Yellow Jaundise.*

Take a great white Onion, and make a hole where the Blade goeth out, to the bigness of a Chesnut, then fill the hole with Treacle, being beaten with half an Ounce of *English* Honey, and a little Saffron, and set the Onion against the Fire, and Roast it well that it do not burn, and when it is Roasted, strain it through a Cloath, and give the juice thereof to the Sick three days together, and it shall help them.

12. *For the Black Jaundise.*

Take Fennel, Sage, Parsley, Gromwell, of each alike much, and make Pottage thereof with a piece of good Pork, and eat no other Meat that day.

13. *For Infection of the* Plague.

Take a spoonful of Running-water, a spoonful of Vinegar, a good quantity of Treacle, to the bigness of a Hasel Nut; temper all these together, and heat it luke-warm, and drink it every four and twenty hours.

14. *For*

14. *For the Cramp.*

Take Oyl of Camomile, and Fenugreek, and anoint the place where the Cramp is, and it helpeth.

15. *For the Ach of the Joynts.*

Take Marshmallows and sweet Milk, Linseeds, powder of Cummin, the whites of Eggs, Saffron, and white grease, and Fry all these together, and lay it to the aking Joynt.

16. *For an Ague.*

Take a Pottle of thin Ale, and put thereto a handful of Parsley, as much Red Fennel, as much Centory, as much Pimpernel; and let the Ale be half Consumed away, and then take, and drink thereof.

17. *To make the Countess of* Kents *Powder.*

Take of the Magistery of Pearls, of Crabs-Eyes prepared, of white Amber pre-

prepared, Harts-Horn, Magiſtery of white Coral, of *Lapis contra Tarvam*, of each a like quantity; to theſe Powders infuſed, put of the black tops of the great Claws of Crabs, the full weight of the reſt: Beat theſe all into a fine powder, and ſierſe them through a fine Lawn ſierce: To every ounce of this Powder add a Dram of *Oriental Bezoar*, make all theſe up into a lump, or Maſs with Jelly of Harts-Horn, and colour it with Saffron, putting thereto a ſcruple of Amber-greaſe, and a little Musk alſo finely powdered, and dry it in the Air, after they are made up into ſmall quantities, you may give to a Man twenty grains, and to a Child twelve Grains. It is Excellent againſt all Malignant, and Peſtilent Diſeaſes, *French* Pox, Small-Pox, Meaſles, Plague, Peſtilence, Malignant or Scarlet Fevers, and Melancholy; twenty or thirty Grains thereof being exhibited (in a little warm Sack, or Harts-Horn-Jelly) to a Man, and half as much, or twelve Grains to a Child.

18. *For the Falling Sickness, or Convulsions.*

Take the Dung of a Peacock, make it into Powder, and give so much of it to the Patient as will lye upon a Shilling, in a little Succory-water, Fasting.

19. *For the Pleurisie.*

Take three round Balls of Horse-Dung, and boyl them in a pint of White-wine till half be consumed, then strain it out, and sweeten it with a little Sugar; let the Patient drink of this, and then lye warm.

20. *To prevent Miscarrying.*

Take Venice-Turpentine, spread it on black brown Paper, the breadth and length of a hand, and lay it to the small of her Back, then let her drink a Caudle made of Muskadine, putting into it the husks of about twenty sweet Almonds, dryed, and finely powdered.

21. *For*

21. *For the Worms in Children.*

Take Worm-ſeed boyled in Beer and Ale, and ſweetned with Clarified Honey, and then let them drink it.

22. *For the Whites.*

Take white waſhed Turpentine, and make up in Balls like Pills, then take Cinamon, and Ginger, and roul the Balls in it, and take them as you would do Pills, Morning and Evening. *Proved.*

23. *For a dry Cough.*

Take Anniſeeds, Aſh-ſeeds, and Violets, and beat them to powder, and ſtamp them, of each a like quantity, then boyl them together in fair water, till it grows thick, then put it up, and let the Patient take of it Morning and Evening.

24. *To make* Unguentum Album.

Take a pint of Oyl-Olive, and half a pound of Diaculum, Anniſeeds a pretty quantity, and put them together, and put thereto

thereto a pound of Ceruse small grounded, boyl them together a little, and stir them alway till it be cold, and it is done.

25. *To destroy the Piles.*

Take Oyl of Roses, Frankincense, and Honey, and make an Oyntment of them, and put it into the Fundament, and put Myrrh unto the same, and use often to annoint the Fundament therewith, and let the Fume thereof go into the Fundament.

26. *For the Canker.*

Take a handful of unset Leeks, with the Roots, and a small quantity of Yarrow, and boyl them in White-Wine, till they be all very soft, then strain and Clarifie them, and let the Patient drink thereof Morning and Evening Blood-warm.

27. *For the Itch.*

Take the Juice of Pennyroyal, the juice of Savin, the juice of Scabious, the juice of Sage, the juice of Pellitory, with some Barrows grease and black soap; temper all

all these together, and make a Salve for the Itch.

28. *For the Kings Evil.*

Take two Ounces of the Water of Broom-flowers Distilled, and give it in the Morning to the Patient Fasting, and it will Purge the evil Humour downward, and wasteth, and healeth the Kernels without breaking them outwardly.

29. *To break an Impostume.*

Take a Lilly-root and an Onion, and boyl them in water till they be soft, then stamp them, and fry them with Swines grease, and lay it to the Impostume as hot as the Patient may suffer it.

30. *For biting of a Mad Dog.*

Stamp large Plantain, and lay it to the grieved place, and it will Cure the Sore.

31. *For*

31. *For the Green-Sickness.*

Take the Keys of an Ashen-Tree, dryed and beaten to powder; and take of red Fennel, red Sage, Marjoram, and Betony, and seeth them in Running-water, from a Pottle to a Quart, then strain them, and drink thereof a good draught with Sugar, Morning and Evening luke-warm.

32. *For Deafness.*

Take of Wild Mint, mortifie it, and squeeze it in the hand till it rendreth juice, then take it with it's juice, and put it into the Ear, change it often; this will help the Deafness, if the Person hath heard before.

33. *For the Dropsie.*

Take a Gallon of White-Wine, and put into it a handful of *Roman* Wormwood, and a good piece of Horse-Radish, and a good quantity of Broom-ashes tyed in a Cloath; then take a good bunch of dwarf-Elder, beat it in a Mortar, and strain out the juice, and put it into the Wine,

Wine when you will drink it; but if the dwarf-Elder be dry, you muſt ſteep a good quantity in the Wine. Take of this half a pint Morning and Evening.

34. *For a Sprain in the Back, or any other weakneſs.*

Take a quarter of a pint of good Muskadine, a ſpoonful of Madder, Incorporate them well together, then give it the Patient to drink for three Mornings together, and if need requireth, you may uſe it often in a day. This will ſtrengthen the Back exceedingly.

35. *An Excellent Water for Sore Eyes.*

Take a Gallon of pure Running-water, and eight Drams of white Coperas, and as much of fine white Salt, mix them together, and let it ſimper half an hour over a ſlow Fire, and then ſtrain it for Uſe.

Catholi-

Catholicon.

36. A *most Excellent Cordial.*

Take half a peck of Ripe Elder-Berries, pick them clean, and let them stand two or three days in an Earthen Pan, till they begin to hoar or mould, then bruise and strain them, and boyl the Liquor till half be consumed, then putting a pound of Sugar to every pint of Liquor, boyl them to Syrup.

37. A *Medicine for an Ague.*

Take a quart of the best Ale, and boyl it to a pint, and let the Party drink it as hot as he is able, and then let the Patient lye down upon a Bed, and be covered warm when the first Fit grudges, and let a Bason be ready to Vomit in.

38. A*nother for an* Ague.

Take a large Nutmeg, and slice it, and so much Roch-Allom beaten to powder, and put them both into one pint of the best White-Wine, and incorporate them well

well together, and let the Patient take one half thereof about half an hour before the the Fit, and then walk apace, or uſe ſome other Laborious Exerciſe, and when the Fit begins to come, take the other half, and continue Exerciſe. Both theſe I have known to Cure, to Admiration.

39. *For a great Lax, or Looſeneſs.*

Take one quart of New Milk, and have ready one half pint of Diſtilled Plantain-water, and ſet your Milk over the Fire, and when your Milk by boyling riſes up, take two or three ſpoonfuls, as Occaſion ſhall be, to allay the riſing, and and when it riſes again, do the like; and ſo in like manner till the Plantain-water be all in, and then boyling up as before, let the Patient drink thereof warmed hot, or how elſe he likes it; I never yet have found it fail of Curing.

40. *Fo*

40. *For Curing of Deafness.*

Take Herb-of-Grace, and pound it, then strain it, and take two spoonfuls of the Juice, & put thereto one spoonful of Brandy-Wine, and when it is well evaporated, dip therein a little black wool, or fine Lint, being first bound with a silk thread, and put it into your Ear.

41. *For the Scurvey.*

Take half a peck of Sea-Scurvey-grass, and as much Water-cresses, of Dwarf-Elder, *Roman* Wormwood, Red Sage, Fumitory, Harts-Horn, and Liverwort, of each one handful; wash the Water-cresses, and dry them well; the other Herbs must be rubb'd clean, and not washed, then add one Ounce of Horse-Raddish, and a good handful of Madder-Roots; beat these with the Herbs, and strain the juice well out, for the last is best, then set it on a quick Fire, and scum it clean, then let it stand till it be settled, and when it is quite cold bottle it up, and keep it in a cold place: You must take four or five spoonfuls with one spoonful of Syrup of

of Limons put into it, each Morning Fasting, and Fast one hour after it.

42. *An Excellent Remedy to procure Conception.*

Take of Syrup of Mother-wort, Syrup of Mugwort half an Ounce, of Spirit of Clary two Drams, of the Root of *English* Snake-weed in fine powder one Dram, Purslain-seed, Nettle-seed, Rochet-seed, all in subtle powder, of each two drams: Candied Nutmegs, Eringo-Roots, Satyrion-Roots Preserved, Dates, Pistachoes, Conserve of Succory, of each three Drams; Cinamon, Saffron in fine powder, of each a scruple, Conserve of Vervain, Pine-Apple-Kernels picked and pilled, of each two drams; stamp and work all these Ingredients in a Mortar to an Electuary, then put it up into Gally-Pots, and keep it for Use. Take of this Electuary the quantity of a good Nutmeg, in a little Glass full of White-Wine, in the Morning Fasting, and at four a Clock After-noon, and as much at Night going to Bed, but be sure do no violent Exercise.

43. *For*

43. *For a ſore Breaſt not Broken.*

Take Oyl of Roſes, Bean-flower, the Yolk of an Egg, a little Vinegar; temper all theſe together, then ſet it before the Fire, that it may be a little warm, then with a Feather ſtrike it upon the Breaſt Morning and Evening, or any time of the day ſhe finds it pricking.

44. *To heal a ſore Breaſt, when broken.*

Boyl Lillies in New Milk, and lay it on to break it; and when it is broken Tent it with a Mallow-ſtalk, & lay on it a Plaiſter of Mallows boyled in Sheeps Tallow; theſe are to be uſed if you cannot keep it from breaking.

45. *For a Conſumption.*

Take a pound and half of Pork, Fat and Lean, and boyl it in water, and put in ſome Oat-meal, and boyl it till the heart of the Meat be out, then put to it two quarts of Milk, and boyl it a quarter of an hour, and give the Patient a draught in the Morning, After-noon, and Evening, and

and now and then ſome Barley-water.

46. *For the Falling Sickneſs.*

Take Powder of Harts-Horn, and drink it with Wine, and it helpeth the Falling-Evil.

47. *For the Tooth-ach.*

Take Featherfew, and ſtamp it, and ſtrain it, and drop a drop or two into the contrary Ear to the pain, and lye ſtill half an hour after.

48. *For a Wen.*

Take black Soap, and mix it with unſlaked Lime, made into powder, and lay it upon the Wen, or Kernel.

49. *For the Wind.*

Take the juice of Red Fennel, and make a Poſſet of Ale therewith, and drink thereof.

50. *An Excellent Medicine for the Dropſie.*

Take two Gallons of New Ale, then take ſetwel, Calamus Aromaticus, and Galingale, of each two penny-worth, of Spikenard four penny-worth; ſtamp all together, and put them into a bag, and hang it in the Veſſel, and when it is four days old drink it Morning and Evening.

51. *For a Scald Head.*

Waſh thy Head with Vinegar and Camomil ſtampt and mingled together; there is no better help for the Scald: Or grind white Hellebore with Swines greaſe, and apply it to the Head.

52. *To make the Plague-water.*

Take a handful of Sage, and a handful of Rue, and boyl them in three pints of Malmſey, or Muskadine, till one pint be waſted, then take it off the Fire, and ſtrain the Wine from the Herbs, then put into the Wine two penny-worth of long-pepper, half an Ounce of Ginger, and

a

a quarter of an Ounce of Nutmegs, all grosly bruised, and let it boyl a little again. Then take it off the Fire, and dissolve in it half an Ounce of good Venice-Treacle, and a quarter of an Ounce of Mithridate, and put to it a quarter of a pint of strong Angelica-water, so keep it in a Glass close stopped, for your Use. This Water Cureth Small-Pox, Measles, Surfeits, and Pestilential Fevers.

53. *A precious Eye-water for any Diseases of the Eye, often proved.*

Take of the best White-Wine half a pint, of white Rose-water as much, of the Water of Celendine, Fennel, Eye-bright, and Rue, of each two Ounces, of prepared *Tutia* six Ounces, of Cloves as much, Sugar rosate a dram, of Camphire and Aloes, each half a dram; wash the Eyes therewith.

54. *A Cordial Julep.*

Take Waters of Endive, Purslain, and Roses, of each two Ounces, Sorrel-water half a pint, Juice of Pomegranats, and

for lack thereof, Vinegar, four Ounces, Camphire three Drams, Sugar one pound. Boyl all these together in the form of a Julep, and give three or four Ounces thereof at a time.

55. *To make the Green Ointment.*

Take a pound of Swines grease, one Ounce of Verdigrease, half a Scruple of *Sal Gemmæ*, this Oyntment may be kept forty Years; it is good against Cancers, and Running Sores, it fretteth away dead Flesh, and bringeth New, and healeth Old Wounds, put it within the Wound, that it fester not.

56. *For Fits of the Mother.*

Take a brown Toast of foure Bread of the neither Crust, and wash it with Vinegar, and put thereto black Soap, like as you would butter a Toast, and lay it under the Navil.

57. *For*

57. *For the Rickets in Children.*

Take of Fennel-Seeds, and Dill-Seeds, but moſt of the laſt; boyl them in Beer, and ſtrain it, and ſweeten it with Sugar, and let the Child drink often. *Probatum.*

58. *For the Shingles.*

Take the green leaves of Colts-foot ſtamped, and mingled with Honey, and apply it, and it will help.

59. *To heal a Fiſtula, or Ulcer.*

Take Figgs, and ſtamp them with Shoomakers-wax, and ſpread it upon Leather, and lay it on the Sore, and it will heal.

60. *For a Woman in Travel.*

Take ſeven or eight leaves of Betony, a pretty quantity of Germander, a branch or two of Penny-royal, three Marygolds, a branch or two of Hyſſop, boyl them all in a pint of White-Wine, or Ale, then put into it Sugar and Saffron, and boyl it a quarter of an hour more, and give it to drink warm.

61. *To make a VVoman be ſoon delivered, the Child being dead or alive.*

Take a good quantity of the beſt Amber, and beat it exceeding ſmall to powder, then ſierſe it through a fine piece of Lawn, and ſo drink it in ſome Broath or Caudle, and it will will by God's help cauſe the Patient to be preſently Delivered.

62. *For Infants troubled with wind and Phlegm.*

Give them a little pure Sugar-candy finely bruiſed, in Saxifrage-water, or Scabious-water in a ſpoon well mingled together.

63. *A moſt excellent Medicine to cauſe Children to breed their Teeth eaſily.*

Take of pure Capons greaſe, very well Clarified, the quantity of a Nutmeg, and twice as much of pure Honey, mingle and incorporate them well together, and annoint

annoint the Childs Gums therewith three or four times a day, when it is Teething, and they will easily break the Flesh, and prevent Torments and Agues, and other Griefs, which usually Accompany their coming forth.

64. *For Agues in Children.*

Take a spoonful of good Oyl of Pouleon, and put thereto two spoonfuls of good Oyl of Roses, mingle them well together, and then warm it before the Fire, annoint the Childs Joynts and Back, also his Fore-head and Temples twice a day, chafing the Oyntment well in.

65. *To cause a Young Child to go to Stool.*

Chafe the Childs Navil with *May* Butter before the Fire, then take some Black wool, and dip it in the Butter, and lay it to the Navil, and it will procure a Stool: This is also good for one in Years, that can take no other Medicine.

66. *For Worms in Children.*

Take of Myrrh and Aloes, very finely powdered, of each a penny-worth, and put thereto a few drops of Chymical Oyl of Wormwood, or Savine, and a little Turpentine; make these up into a Plaister, and lay it to the Childs Navil.

67. *To help one that is Blasted.*

Take the white of an Egg, and beat it in a Mortar, put to it a quarter of an Ounce of Coperas, and grind them well together, till it come to an Oyntment, and therewith annoint the sore Face, and it will ease the pain, and take away the Swelling; and when it is well nigh whole annoint the place with a little *Populeon*, and that will make the skin fair and well again.

68. *An excellent Salve.*

Take half a pound of Bees-wax, a pint of Sallet-Oyl, three ounces of Red Lead, boyl all together in a New Earthen Pipkin, keeping it stirring all the while till it grows of a darkish colour; then keep it for

for Uſe, or make Sear-cloaths of it while it is hot.

It is moſt approved againſt any Pain, Sore, Scald, Cut, Burn; to ſtrengthen the Back, or remove any old Ach whatſoever.

69. A *Julep of Dr.* Trench, *for the Fits of the Mother.*

In the time of the Year Diſtill Black-Cherry-water, Piony-flower-water, Cowſlip-water, Rue, or Herb-grace-water; then take of the waters of Cowſlip, Black-Cherries, Piony, Rue, of each an ounce, and add to them water of Ciſtor half an ounce, Cinamon-water one dram, Syrup of Clove-gilly-flowers three drams; mix all theſe together, and take two ſpoonfuls at a time of it, as often as you pleaſe.

70. *For a Tympany.*

Take a handful of the Bloſſoms of Marigolds, ſtamp them, and ſtrain them, and give the Juice thereof to the Patient in a draught of Ale Faſting.

71. *To provoke Terms, a good Medicine*

Take Wormwood and Rue, of each one handful, with five or six Pepper-corns, boyl them all together in a quart of white-wine or Malmsey, strain it, and drink thereof.

72. *For the Bloody-flux, or Scouring.*

Take a great Apple, and cut out the Core, and put therein pure Virgins-wax, then wet a paper and lap it therein, then rake it up in the Embers, and let it roast till it be soft, then eat of it as your stomack will give leave.

73. *For a Rheumatick Cough, or Cold.*

Take a pint of Hyssop-water, Syrup of Gilly-flowers, Syrup of Vinegar, Syrup of Maiden-hair, Syrup of Colts-foot, of each one ounce; mingle them all together, and drink of it when you please.

74. *To kill a Fellon.*

Take an Egg, and Roaſt it hard, and take out the Yolk thereof, then Roaſt an Onion ſoft, and beat the Yolk and the Onion together, and lay it to the ſore, and it will kill the Fellon.

75. *For the white Flux.*

Take the powder of the Flowers of Pomegranats, and drink it in Red Wine.

76. *For the Red Flux.*

Take *Sperma Cæti*, and drink it, and truſs up your ſelf with a piece of black Cotton.

77. *For the Cancer in a Womans Breaſt.*

Take the Dung of a Gooſe, and the Juice of Celandine, and bray them well in a Mortar together, and lay it to the Sore, and this will ſtay the Cancer, and heal it.

78. For

78. *For an Ague in the Breast.*

Take Grounsel, Daisie-leaves and roots, and course Wheat sifted; make a Poultess thereof with the Parties own water, and lay it warm to the Breast.

79. *For Bleeding at the Nose.*

Take Betony, and stamp it with as much Salt as you can hold betwixt your two fingers, and put it into your Nose.

80. *For spitting of Blood.*

Take Smalledge, Rue, Mints, and Betony, and boyl them well in good Milk, and drink it warm.

81. *To stanch the bleeding of a wound, or at the Nose.*

There is not a better thing than the powder of Bole-Armoniack, to stanch the bleeding of a Wound, the powder being laid upon it; or for the Nose, to be blown in with a Quill. Or take the shavings of Parchment, and lay it to the Wound,

Wound, and it ſtancheth and healeth.

82. *To make the Gaſcoign Powder.*

Take of Pearls, white Amber, Harts-Horn, Eyes of Crabs, and white Coral, of each half an Ounce, of black thighs of Crabs Calcined, two Ounces; to every Ounce of this Powder put in a dram of Oriental Bezoar, reduce them all into a very fine powder, and ſierſe them; then with Harts-Horn-Jelly and a little Saffron put therein, make it up into Paſte, and make therewith Lozenges, or Trochices for your Uſe.

Get your Crabs for this powder about *May*, or in *September* before they be boyled; dry your Lozenges in the Air, not by Fire, nor Sun.

83. *For the Megrim, or Impoſthume in the Head.*

Take four penny-weight of the Root of Pellitory of *Spain*, a Farthing weight of Spikenard, and boyl them in good Vinegar, and when it is cold, put thereto a ſpoonful of Honey, and a Saucer full of Muſtard, and mingle them well together,

and

and hold thereof in your Mouth a ſpoonful at once, and uſe this eight or nine times, ſpitting it out continually.

84. *For pain in the ears.*

Take the juice of Wild Cucumbers, and put it into the Ears, and it aſſwageth the pain. Alſo put the wood of green Aſh in the Fire, and ſave the Liquor that cometh out at the End, and put it into the Ears, it cauſeth the pain to ceaſe, and amendeth the Hearing: Alſo beat the Juice of Wormwood, and drop it into the Ears.

85. A *precious water for the* Eye-*ſight, made by K.* Edward *the Sixth.*

Take Smalledge, Red Fennel, Rue, Vervain, Betony, Agrimony, Pimpernel, Eufrane, Sage, Celandine, of each a like quantity; firſt waſh them clean, then ſtamp them, and put them in a fair Brazen Pan, with the powder of fourteen or fifteen Pepper-Corns, fair ſierſed into a pint of good White-Wine; put them into the Herbs, with three ſpoonfuls of Honey, and five ſpoonfuls of the water

water of a Man-Child, that is found; mingle all together, and boyl them over the Fire, and when it is boyled, ſtrain it through a fine Linnen Cloath, and put it into a Glaſs, and ſtop it well and cloſe, till you uſe it; and when you need, put a little thereof into the Sore Eyes with a Feather, but if it be dry, temper it with White-Wine, and it profiteth much all manner of Sore Eyes: This Water was uſed by K. *Edward* the Sixth.

86. *My Lord* Dennies *Medicine for the Gout.*

Take Burdock-Leaves and ſtalks, cut them ſmall, and ſtamp them very ſmall, then ſtrain them, and cleanſe them, and when you have ſo done, put them into Glaſſes, and put pure Oyl of Olives on the top of them, and ſtop it cloſe from the Air, and when you would uſe it for the Gout, pour it into a Porringer, and warm it, and wet Linnen Cloaths in it, and apply it warm to the grieved place, warming your Cloaths one after another, as they grow cold that are on.

87. *Dr.*

87. *Dr. Stephen's Soveraign water.*

Take a Gallon of good Gascoign Wine, then take Ginger, Galingale, Cancel, Nutmeg, Grains, Cloves, Annisseeds, Carraway-seeds, of each a dram; then take Sage, Mints, Red Roses, Thyme, Pellitory, Rosemary, Wild Thyme, Camomile, Lavender, of each a handful; then bray both Spices and Herbs, and put them all into the Wine, and let them stand for twelve hours, divers times stirring them; then Distill in an Alembeck, but keep that which you Distill first by it self, for that is the best, but the other is good also, but not so good as the first. This water comforteth the Vital Spirits, and helpeth inward Diseases which come from Cold; it helpeth Conception in Women that are Barren, and Killeth Worms in the Body; it Cureth the cold Cough, and helpeth the Tooth-ach, it comforteth the Stomack, and Cureth stinking breath; it preserveth the Body in good liking, and makes them look Young.

88. *The*

88. *The Water called* Aqua Mirabilis & Pretiosa, *made by Dr.* Willoughby.

Take of Galingale, Cloves, Mace, Cucubes, Ginger, Cardamum, Nutmegs, Mellilot, Saffron four Ounces, and beat all these into powder, Agrimony-water the quantity of a dram, and somewhat more; then take of the juice of Selandine half a pint, and mingle all these together, with a pint of good Aqua-Vitæ, and three pints of good White-Wine; put all these together in a Still of Glass, and let it stand so all Night, and on the Morrow Distill it with an easie Fire as may be: This water dissoveth the swelling of the Lungs without any Grievance, and helpeth, and comforteth them being wounded, and suffereth not the Blood to putrifie; he shall never need be let Blood, that useth this water, it suffers not the Heart to burn, nor Melancholy, nor Rheum to have Dominion above Nature; it also expelleth Rheum, and purifieth the Stomach.

89. To

89. *To make Allom-water.*

Take a pound of Allom, and beat it to Powder, then take a Gallon of clean water, and set it on the Fire, letting it boyl till all the Allom be melted, then take it off the Fire, and when it is cold put it into a Glass, and keep it for your Use.

90. *To make an excellent Electuary, called the Electuary of Life.*

Take *Scorlegio, Morre, Gentiana, Grandoret,* and *Jalaom,* of each a like quantity; stamp them, and strain them, and mingle them with Honey, that hath been well boyled on the Fire, and scummed clean: This is Excellent for Sickness in the Stomach, or pain in the Belly, Heart, or Head; or for those that are bitten with any venemous Beast, or Poysoned; it must be taken in water, three or four spoonfuls at a time, in the Morning Fasting; if the Disease be of any long time standing, he must drink it fifteen days together, and he will be whole. *Probatum.*

91. *Against*

91. *Againſt heat of the Liver.*

Take Fennel, Endive, Succory, Plantain, of each alike; Diſtill them with Red Wine and Milk, and uſe it every Morning, nine ſpoonfuls at a time, with a draught of Wine and Sugar, or elſe five ſpoonfuls thereof alone.

92. *For Swooning Fits.*

For Swooning, and weakneſs of the Heart in Fever and Sickneſſes, or if it come of other cauſe, ſtamp Mints with Vinegar, and a little Wine, if the Patient have no Fever; then toaſt a bit of Bread, till it be almoſt burnt, and put it therein till it be well ſoaked, then put it in the Noſe of the Patient, and rub his Lips, Tongue, Gums, Teeth, and Temples; and let him chew and ſuck the moiſtneſs thereof, and ſwallow it.

93. A *Water for the Eyes, to make a Man see in forty days, who hath been Blind seven Years before, if he be under fifty years of* Age.

Take Smalledge, Fennel, Rue, Betony, Vervain, Agrimony, Cinquefoil, Pimpernel, Eye-bright, Celandine, Sage, of each a quartern; wash them clean, and stamp them, do them in a fair mashing pan, put thereto a quart of good White-Wine, and the powder of thirty Peppercorns, six spoonfuls of Live Honey, and ten spoonfuls of the Urine of a Man-Child that is wholsom; mingle them well together, and boyl them till half be wasted, then take it down, and strain it, and afterwards Clarifie it, and put it into a Glass Vessel well stopt, and put thereof with a Feather into the Eyes of the Blind; and let the Patient use this Medicine at Night when he goeth to Bed, and within forty days he shall see: It is good for all manner of sore Eyes. Wild Tansie-water is good for the Eye-sight, and eating of Fennel-seed is good for the same.

94. *For*

94. *For a Web in the eye.*

The Leaves of white Honey-Suckles, and Ground-Ivy, of each a like quantity ground together, and put every day into the Eye, Cureth the Web. Or else Salt burnt in a Flaxen Cloath, and tempered with Honey, and with a Feather annointed on the Eye-lids, killeth worms that annoynt the Eye-lids.

95. *For moist Scabs after the Small-Pox.*

Take *Lapis Calaminaris*, Letharge of Gold and Silver, of each two drams, Brimstone and Ceruse two Ounces; bring all these into a fine powder, and then beat them in a Mortar with so much Barrows-grease as is sufficient to make it up in an Oyntment, and annoint the places therewith Evening and Morning.

96. *To bring down the Flowers.*

Take of Alligant, Muskadine, or Claret a pint, burn it, and sweeten it well with Sugar, put thereto two spoonfuls of

of Sallet-Oyl; then take a good Bead of Amber in powder in a spoon, with some of the VVine after it: Take this Evening and Morning.

97. *To stay the Flowers.*

Take Amber, Coral, Pearl, Jeat, of each alike; grind them to a fine powder, and fierse them, take thereof as much as will lye upon a Six-pence with Conserve of Quinces, and drink a draught of New milk after it: Use this every morning.

98. *To Cure Corns.*

Take Beans, and chew them in your mouth, and tye fast to your Corn, and it will help: Do this at Night.

99. *To make Oyl of Roses.*

Take Red Rose-leaves a good quantity, and stamp in a Mortar, and put thereto Oyl-Olive, and let it stand in the Sun twelve days, and then put it in a Glass; and bind the Glass fast about with Ropes of Hay, and set it in a Pan full of water, and let it boyl softly two hours, and then let

et it cool, then put it in ſmall Glaſſes, and put thereto the Leaves of Red Roſes, all whole, and ſtop it faſt, and ſet it in the Sun for ſixteen days, and ſo uſe it at your need.

100. *For any Itch, or Breaking out.*

Take Frankincenſe, and beat it ſmall in a Mortar, and mingle it with Oyl of Bays, and therewith annoint all over, and it will deſtroy the Itch.

101. *For the Piles after Child-Birth.*

Make a Bath of VVormwood, Southern-wood, Cinamon-Rinde, and the bark of *Caſſia Fiſtula* boyled well in VVine; when the VVoman delivered goeth forth of the Bath, put bombace, or Cotton with powder of Alloes, mixed with Oyl of Penny-royal, unto her lower parts.

102. *For a Stich in the Side.*

Take three handfuls of mallows, boyl them in a little raw Milk, and put thereto

a

a handful of VVheat-Bran, and let them boyl together, and then wring out the Milk, and lay it hot to the Stitch, apply it often. Or take a few Leaves of Rue and Yarrow, ſtamp them together, and wring out the Juice, and drink it with a little Ale.

103. *For a Tertian, or double-Tertian* Ague.

Take a good quantity of Celandine, a ſpoonful of Salt, and the bigneſs of an Egg in Leven, and as much Alligant and *Spaniſh* Soap; ſtamp them well in a Mortar, and make a Plaiſter of them, and apply them to the Patients Feet one hour before the coming of the Fit; add thereto four or five Yolk of Eggs. Or take of Anniſeed-water, the beſt you can get, half a pound of Oyl of Vitriol, ſhake them well together, and drink one or two ſpoonfuls thereof, an hour before the Fit comes.

104. *For the Spleen.*

Boyl the Rindes and Keys of an Aſh-Tree very tender in white-wine, and drink a good draught thereof for ſix or ſeven

seven Mornings together, and it will much ease the Patient; when you drink this annoint the Spleen with *Unguentum Dialthea* every Morning and Evening, applying also a Plaister of *Melilot* to the place.

105. *An Excellent Powder for the Green-Sickness.*

Take four scruples of Gentian made into fine powder, of raspt Ivory, and Harts-Horn, of each two scruples; make these into fine powder, and give a spoonful thereof with White-Wine, or the like at once.

106. *A Drink that healeth all Wounds without any Plaister, or Oyntment, or without any taint, most perfectly.*

Take Sanicle, Milfoil, and Bugle, of each a like quantity, stamp them in a Mortar, and temper them with Wine, and give the Sick that is Wounded to drink twice or thrice a day till he be whole: Bugle holdeth open the Wound, Milfoil cleanseth the Wound, Sanicle healeth it;

but Sanicle may not be given to him that is hurt in the Head, or in the Brain-pan, for it is dangerous. This is a good and tryed Medicine.

107. *For pricking of a Thorn.*

Take of Violet-leaves one handful, ſtamp them together, and take a quantity of Boars-greaſe, ond of Wheat-bran one handful, ſet it on the Fire in clean water, and make a Plaiſter thereof, and lay it to the Grief.

108. *To make Oyl of St.* Johns *wort, good for any Ach, or pain.*

Take a quart of Sallet-Oyl, and put thereto a quart of Flowers of St. *Johns* wort well picked, let them lye therein all the Summer, till the Seeds of that Herb be ripe, the Glaſs muſt be kept warm, either in the Sun, or in the water all the Summer, till the Seeds be ripe, then put in a quart of St. *Johns* wort-ſeeds whole, and ſo let it ſtand twelve hours, the Glaſs being kept open, then you muſt boyl the Oyl eight hours, the water in the Pot full

full as high as the Oyl in the Glaſs; when it is cold, ſtrain it, that the Seed remain not in it, and ſo keep it for your Uſe.

109. *For the* Tiſſick.

Take two Ounces of Licoriſe, ſcraped and bruiſed, of Figgs three Ounces, of Agrimony, Horehound, *Enula Campana*, of each a handful, boyl them all together in a Gallon of water, till the half be waſted, then ſtrain the Herbs from the juice, and uſe it early and late. Alſo for the dry Tiſſick, ſtamp Fennel-Roots, and drink the juice thereof with White-Wine.

110. To *make Oyl of Fennel.*

Put a quantity of Fennel between two Tile-ſtones, or Plates of Iron, make them very hot, and preſs out the Liquor; and this Oyl will keep a great while, for it is good for the Tiſſick, dry Scab, burning and ſcalding.

111. *To make the black Plaiſter for all manner of Griefs.*

Take a quantity of Oyl-Olive, a quantity of Red Lead, boyl theſe together, and ſtirr them with a Slice of wood continually, till it be black, and ſomewhat thick; then take it off the Fire, and put in it a penny-worth of Red wax, and a pound of Roſin, and ſet it to the Fire again, but do not blaze it, and ſtir it, then take it off, and let it ſtand till it be cold, and make it in a lump: It is good for a New Wound, or to ſtanch Blood, pour a little of it in a diſh, and if it ſtick faſt to the Diſhes ſide, then it is enough; keep it for your Uſe as need requireth.

FINIS.

Beautifying Waters, Oyls, Ointments, and Powders, to Adorn, and add Loveliness to the Face and Body.

---

1. *To make the Hair very Fair.*

WAsh your Hair very clean, and then take some Allom-water, warm, and with a Sponge moisten your Hair therewith, and it will make it fair. Or you may make a Decoction of Turmerick, Rubarb, or the Bark of the Barberry-Tree, and so it will receive a most fair and Beautiful Colour.

2. *Another.*

Take the laſt water that is drawn from Honey, and waſh your Head therewith, and it will make the Hair of an Excellent fair Colour; but becauſe it is of a ſtrong ſmell, you muſt perfume it with ſome ſweet Spirit.

3. *To make the Hair grow thick.*

Make a ſtrong Lye, then take a good quantity of Hyſſop-Roots, and burn them to Aſhes, and mingle the Aſhes and the Lye together, and therewith waſh your Head, and it will make the Hair grow; alſo the Aſhes of Froggs burnt doth increaſe Hair, as alſo the Aſhes of Goats-dung mingled with Oyl.

4. *To make the Hair Grow.*

Take Marſh-Mallows, and boyl them, Roots and all, and waſh the Head therewith, and it will grow in a ſhort time: Alſo take a good quantity of Bees, and dry them in a Siev by the Fire, and make powder of them, and temper it with Oyl-Olive,

Olive, and anoint the place where the Hair ſhould grow: Alſo take the Oyl of Tartar, and warm it, and annoint any bald Head therewith, and it will reſtore the Hair again in a ſhort time.

5. To *make the Hair Fair.*

Take the Aſhes of a Vine burnt, of the Knots of Barley ſtraw, and Licoriſe, and Sow-bread, and Diſtill them together in fair water, and waſh the Head with it; alſo ſprinkle the Hair while it is Combing, with the powder of Cloves, Roſes, Nutmegs, Cardamum, and Galingale, with Roſe-water; alſo the Head being often waſhed with the Decoction of Beech-Nut-Trees, the Hair will become fair.

6. To *make the Hair grow.*

Taſte Haſle-Nuts with Husks and all, and burn them to powder, then take Beech-maſt, and the leaves of *Enula Campana*, and ſtamp the Herb and the Maſt together, then ſeeth them together with Honey, and annoint the place therewith, and ſtrew the powder thereon, and this will make the Hair grow.

7. *To take away Hair.*

Take the Juice of Fumitory, mix it with *Gum-Arabick*, then lay it on the place, the Hairs first plucked out by the Roots, and it will never permit any more Hair to grow on the place: Also annoint your Head with the juice of a Glo-worm stamped, and it hath the same Virtue.

8. *For the Falling of Hair.*

Take the Ashes of Pigeons-dung in Lye, and wash the Head therewith; also Walnut-leaves beaten with Bears-fuet, restoreth the Hair that is plucked away. Also the Leaves and middle Rinde of an Oak, sodden in Water, and the Head washed therewith, is very good for this purpose.

9. *To make the Face Fair.*

Take the Flower of Beans, and Distill them, and wash the Face with the water; some say, that the Urine of the Party is very good to wash the Face withal, to make it Fair.

10. *For*

10. *For cleanſing the Face and Skin.*

If the Face be waſhed with the Water that Rice is ſodden in, it cleanſeth the Face, and taketh away Pimples.

11. *A Water to Adorn the Face.*

Take Eggs cut in pieces, Orange-peels, the Roots of Melons, each as much as is ſufficient, in a large Veſſel with a long Neck, Diſtill by an Alembeck, with a ſtrong and careful Fire.

12. *To Beautifie the Face.*

Take of Cuckow-pintle a pretty quantity, bruiſe the thick parts with Roſe-water, dry them by the Sun three or four days, then pouring more Roſe-water on it, uſe it.

13. *To make the Face look Youthful.*

Take two Ounces of Aqua-vitæ, Beam-flower-water, and Roſe-water, each four

Ounces, Water of Water-Lillies six ounces, mix them all, and add to them one Dram of the whiteſt Tragacinth, ſet it in the Sun ſix days, then ſtrain it through a fine Linnen Cloath; waſh your Face with it in the Morning, and do not wipe it off.

14. *A Water to take away wrinkles in the Face.*

Take of the Decoction of Briony and Figgs, each alike quantities, and waſh the Face with it.

15. *An Excellent water, called* Lac Virginis, *or Virgins Milk, to make the Face, Neck, or any part of the Body fair and white.*

Take of *Alumen Plumoſi* half an ounce, of Camphire one ounce, of Roch-Allom one ounce and a dram, *Sal Gemmi* half an ounce, of white Frankincenſe two ounces, oyl of Tartar one ounce and half; make all theſe into moſt fine powder, and mix it with one quart of Roſe-water, then ſet it in the Sun, and let it ſtand nine days, often

often ſtirring it; then take Littarge of Silver half a pound, beat it fine, and ſierce it, then boyl it with one pint of White-Wine-Vinegar, till one third part be conſumed, ever ſtirring it with a ſtick while it boyleth, then Diſtill it by a Philter, or let it run through a Jelly-Bag, then keep it in a Glaſs Vial, and when you will uſe thoſe Waters, take a drop of the one, and a drop of the other in your hand, and it will be like Milk, which is called *Lac Virginis*; waſh your Face, or any part of your Body therewith, it is moſt precious for the ſame.

16. To *take away Sun-burn.*

Take the juice of a Limon, and a little Bay-Salt, and waſh your Face or Hands with it, and let them dry of themſelves, and waſh them again, and you ſhall find all the Sun-burn gone.

17. To *make the Face very Fair.*

Boyl the Flowers of Roſemary in white-wine, with the which waſh your Face; alſo if you drink thereof, it will make you have a ſweet Breath. Alſo to make the Face

Face white, make powder of the Root of Serpentine, and of powder of *Sepia*, and mingle them with Roſe-water, and let it dry, and then let it be put to the ſame water again, and dry again, do this four or five times, and then uſe to annoint the face therewith.

18. *To clear the Skin, and make it white.*

Take freſh Boars greaſe, and the white of an Egg, and ſtamp them together with a little powder of Bays, and therewith annoint the skin, and it will clear the Viſage, and make it white.

19. *To take away Freckles in the Face.*

Annoint your face with oyl of Almonds, and drink Plantain-water, or annoint your Viſage well and often with Hares blood.

20. *To ſmooth the Skin.*

Mix Capons-greaſe with a quantity of Sugar, and let it ſtand for a few days cloſe covered, and it will turn to a clear oyl, with

with which annoynt your face.

21. To *Blanch the Face.*

Take the pulp of Limons, and take out the Kernels, and put to them a quantity of fine Sugar; Diſtill theſe, and keep the water to waſh your face every Night.

22. For *Morphew, or ſcurf of Face or Skin.*

Take of Brimſtone beaten into powder two ounces, mix it with as much black Soap that ſtinketh, and tye the ſame in a Linnen Cloath, and let it hang in a pint of ſtrong Wine-Vinegar, or Red-Roſe-Vinegar, for the ſpace of eight or nine days; and therewith waſh any kind of Scurf, or Morphew, either in Face or Body, dipping a Cloath in the Vinegar, and rubbing it therewith, and let it dry of it ſelf. Alſo drink the water of Strawberries Diſtilled, or Tincture of Strawberries, it certainly killeth Morphew or Scurf.

23. *For taking away ſpots in the Face after the Small-pox.*

Mix the juice of Limons with a little Bay-Salt, and touch the ſpots therewith often-times in a day, for it is excellent good.

24. *A good Oyntment for the ſame.*

Take Oyl of Sweet Almonds, Oyl of white Lillies, of either one Ounce; Capons-greaſe, Goats-Tallow, of each four Drams, Litharge of Gold one Dram and half; Roots of Briony, and of Ireos, of either one Scruple, Sugar-Candy white one Dram; make powder of all thoſe that may be brought into powder, and fierce them, then put them all in a Mortar together, beat them together, and in the working put thereto Roſe, Bean-flower, and white Lilly-water, of each a good ſpoonful, put in by little and little, and ſo work them together till they become an Oyntment; annoint your Face and Hands with it every Evening, and in the Morning waſh it away in water boyled with Barley,

Barley, Wheaten-Bran, and the Seed of Mallows.

25. *To take away the holes or pits in the Face, by reason of the Small Pox.*

For helping of this Accident, I have tryed many things, and the best means I have found, is to wash the Face one day with the Distilled water of strong Vinegar, and the next day with the water wherein Bran and Mallows have been boyled; and continue this twenty days, or a Moneth together.

26. *For Redness of the Hands or Face after the Small-pox.*

Take Barley, Beans, Lupines, of each one handful; bruise them all in a Mortar grosly, and boyl them in three pints of water, till it grow thick like a Jelly, then strain it, and annoint the Face and Hands therewith three or four times a day, for three or four days together, and then wet the Face and Hands as often with this water following.

27. *Another.*

27. *Another.*

Take Vine-leaves two handfuls, Bean-flower, Dragon, Wild Tanſie, of either one handful, Camphire three Drams, two Calves Feet, the pulp of three Limons, a pint of raw Cream; ſhred the Herbs ſmall, as alſo the Limons, and break, and cut the Calves Feet ſmall, then mix them together, and Diſtill it in a Glaſs Still, and uſe it. Alſo the water of *May*-dew is Excellent good for any high colour, or Redneſs of the Face.

28. *For Pimples in the Face.*

Waſh your Face with warm water when you go to Bed, and let it dry in; then take the white of an Egg, and put it into a Saucer, and ſet it upon a Chafing-diſh of Coals, and put into it a piece of Allom; beat it together with a ſpoon, till it become thick, then make a round Ball, and therewith annoint the Face where the Pimples are.

29. For

29. For *Heat and Swelling in the* Face.

Boyl the Leaves of the Bloſſoms of Roſemary, either in White-Wine or fair Water, and uſe to waſh thy Hands and Face therewith, and it will preſerve thee from all ſuch inconveniencies, and alſo make both thy Face and Hands very ſmooth.

30. For a *Red* Face.

Take Brimſtone that is whole, and Cinamon, of either of them an even proportion by weight, beat them into ſmall powder, and ſierſe it through a fine cloath upon a ſheet of white Paper to the quantity of an Ounce, or more; and ſo by even proportions in weight mingle them together in clean Clarified Capons greaſe, and temper them well together till they be well Mollified, then put to it a little Camphire, to the quantity of a Bean, and ſo put the whole Confection in a Glaſs, and uſe it.

31. *To*

31. *To take away Pimples.*

Take Wheat-flower mingled with Honey and Vinegar, and lay it upon them.

32. *An Excellent Oyntment for an Inflamed Face.*

Take an Ounce of the Oyl of Bays, and an Ounce of Quick-Silver, and put them in a Bladder together, with a ſpoonful of Faſting-ſpittle, and then rub them well together, that nothing of the Quick-Silver be ſeen; take of this Oyntment, when it it made, and annoint the Face therewith, and it will heal it well and fair; *Proved true.*

33. *For a Rich Face.*

Take three Yolks of Eggs raw, as much in quantity of freſh Butter, or Capons-greaſe without Salt, Camphire two penny-worth, Red-Roſe-water half a pint, two Grains of Sivet, and boyl all theſe together in a Diſh, then ſtrain them through a clean Cloath, and ſet it to cool, and take the uppermoſt, and uſe it.

34 To

34. To *make the Skin white and clear.*

Boyl two Ounces of *French* Barley in three pints of Conduit-water, change the water, and put in the Barley again; do this till your Barley do not diſ-colour the water, then boyl the laſt three pints to a quart, then mix half a pint of white-wine therein, and when it is cold, wring the juice of two or three good Limons therein, and uſe it for the Morthew, heat of the Face, and to clear the Skin.

35. An *Excellent Pomatum, to clear the Skin.*

Waſh Barrows-greaſe, or Lard oftentimes in *May*-dew that hath been Clarified in the Sun, till it be exceeding white; then take Marſh-mallow-Roots, ſcraping off the out-ſides, make thin ſlices of them, and mix them, ſet them to macerate in a Balneo, and ſcum it well till it be Clarified, and will come to rope; then ſtrain it, and put now and then a ſpoonful of *May*-dew therein, beating it till it be through cold in often change of *May*-dew;

dew, then throw away that Dew, and put it in a Glass, covering it with *May*-dew, and so keep it for your Use.

36. *To take away Spots and Freckles from the Face and Hands.*

The Sap that issueth out of a Birch-Tree in great abundance, being opened in *March* or *April*, and a Glass Receiver set under it to Receive it: This cleanseth the Skin Excellently, and maketh it very clear, being washed therewith. This Sap will dissolve Pearl, a Secret not known to many.

37. *To take away Freckles and Morphew.*

Wash your Face in the wane of the Moon with a Sponge, Morning and Evening with the Distilled water of Elder-leaves, letting it dry into the Skin; you must Distill your Water in *May*: This I had from a Traveller, who hath Cured himself thereby.

38. To

38. *To make the Teeth white and ſound.*

Take a quart of Honey, and as much Vinegar, and half ſo much White-Wine, boyl them together, and waſh your Teeth therewith now and then.

39. A *Dentrifice to whiten the Teeth.*

Take of Harts-horn and Horſes Teeth, of each two Ounces, Sea-ſhells, Common Salt, Cypreſs-Nuts, each one Ounce; burn them together in an Oven, and make a powder, and work it up with the Mucilage of Gum-Tragacinth, and rub the Teeth therewith.

40. *To make the Teeth white as Ivory.*

Take Roſemary, Sage, and a little Allom and Honey, and boyl them together in fair Running-water, and when it is well boyled, ſtrain out the fair water, and keep it in a Glaſs, and uſe it ſometime to waſh your Mouth and Teeth therewith, and

it

it will make them clean: Alſo waſh your Teeth with the Decoction of Lady Thiſtle-Root, and it will cleanſe and faſten the Teeth, and the ſore gums made whole; alſo the Root of Hore-hound drunk, or chewed Faſting, doth quickly heal the gums, and maketh the Teeth clean: Strawberry-leaves alſo cleanſeth the Teeth and Gums, a ſure and tryed Experiment.

41. *To make the Teeth white.*

Take one drop of the Oyl of Vitriol, and wet the Teeth with it, and rub them afterwards with a courſe Cloath; although this Medicine be ſtrong, fear it not.

42. *For a Stinking Breath.*

Take two handfuls of Cummin, and ſtamp it to powder, and boyl it in wine, and drink the Syrup thereof Morning and Evening for fifteen days, and it will help. *Proved.*

43. T

43. To *make the Breath Sweet.*

WVash you Mouth with the water that the ſhells of Citrons have been boyled in, and you will have a ſweet Breath.

44. To *Sweeten the Breath.*

Take Butter and the juice of Feather-few, and temper them with Honey, and take every day a ſpoonful. Alſo theſe things ſweeten the Breath, the Electuary of Aromaticks, and the peels of Citrons.

45. To *cleanſe the Mouth.*

It is good to cleanſe the Mouth every Morning by rubbing the Teeth with a Sage-leaf, Citron-peels, or with powder made with Cloves and Nutmegs; forbear all Meats of ill Digeſtion, and raw Fruits.

46. For

46. *For Running in the Ears.*

Take the juice of Elder, and drop it into the Ear of the Party grieved, and it cleanseth the Matter and the filth thereof. Also the juice of Violets used, is very good for the Running of the Ears.

47. *For Eyes that are Blood-shot.*

Take the Roots of Red Fennel, stamp them, and wring out the juice, then temper it with Clarified Honey, and make an Oyntment thereof, and annoint the Eyes therewith, and it will take away the Redness.

48. *To make the Hands white.*

Take the Flower of Beans, of Lupines of Starch-Corn, Rice, Orice, of each six Ounces; mix them, and make a powder, with which wash your Hands in water.

49. *A Delicate waſhing Ball.*

Take three Ounces of Orace, half an Ounce of Cypreſs, two Ounces of *Calamus Aromaticus*, one Ounce of Roſe-leaves, two Ounces of Lavender-Flowers; beat all theſe together in a Mortar, ſierſing them through a fine ſierce, then ſcrape ſome Caſtile-ſoap, and diſſolve it in Roſe-water, mix your powders therewith, and beat them in a Mortar, then make them up in Balls.

50. *For the Lips chopt.*

Rub them with the Sweat behind your Ears, and this will make them ſmooth, and well coloured.

51. *To prevent marks of the Small-Pox.*

Boyl Cream to an Oyl, and with that annoint the wheals with a Feather as ſoon as they begin to dry, and keep the Scabs always moiſt therewith; let your Face be annointed almoſt every half hour.

52. *To take away Child-blains in the Hands or Feet.*

Boyl half a peck of Oats in a quart of water till it grow dry; then annoint your Hands with Pomatum, and after they are well Chafed, hold them within the Oats as hot as you can endure them, covering the Bowl wherein you do your Hands with a double Cloath to keep in the steam of the Oats; do this three or four times, and it will do: You may boyl the same Oats with fresh water three or four times.

53. *To take away Pock-holes, or any spot in the Face.*

Wet a Cloath in White-Rose-water, and set it all Night to freeze in the Winter, and then lay it upon your Face till it be dry; also take two or three Poppies, the reddest you can get, and quarter them, taking out the Kernels, then Distill them in a quart of red Cows-Milk, and with the water thereof wash your Face.

54. *An Excellent Beauty-water, used by the* D. *of* C.

Take of white Tartar two drams, Camphire one dram, Coperas half a dram, the whites of three or four Eggs, juice of a couple of Limons, Oyl of Tartar four Ounces, and as much Plantain-water, white Mercury a penny-worth, two Ounces of bitter Almonds; beat all these to powder, and mix them with the Oyl, and some water, and then boyl it upon a gentle Fire, strain it, and so keep it; when you use it, you must first rub your Face with a scarlet Cloath, and at Night wash your Face with it, and in the Morning wash it off with Bran and White-Wine.

55. *Against a Stinking Breath.*

Take a handful of Wood-bine, and as much Plantain, bruise them very well, then take a pint of Eye-selt, and as much water, with a little Honey and Allom; keep all these waters together in a Glass, and wash your Mouth well therewith, and hold it in your Mouth, and it will destroy

all Cankers, and Cure a ſtinking Breath, and preſerve the Teeth from rottenneſs.

56. *To procure an excellent Colour and Complexion in the Face, uſed by the* C. *of* S.

Take the juice of Hyſſop, and drink it in a Morning Faſting, half a dozen ſpoonfuls in Ale, warm; it will procure an excellent Colour, is good for the Eye-ſight, deſtroyeth Worms, and is good for the Stomack, Liver, and Lungs.

57. *To keep the Teeth white, and kill worms.*

Take a little Salt in a Morning Faſting, and hold it under your Tongue till it be melted, and then rub your Teeth with it.

58. *To procure Beauty, an excellent waſh.*

Take four Ounces of Sublimate, and one Ounce of crude Mercury, and beat them together exceeding well in a wooden Mortar, and wooden Peſtle; you muſt do

do it at leaſt ſix, or eight hours, then with often change of cold water, take away the ſalts from the Sublimate, change your water twice every day at leaſt, and in ſeven or eight days it will be dulcified, and then it is prepared; lay it on with Oyl of white Poppy.

59. A *Beauty-water for the Face, by Madam* G.

Take Lye that is not too ſtrong, and put two peels of Oranges, and as much Citron-peel, Bloſſoms of Camomile, Bay-leaves, and Maiden-hair, of each a handful, of Agrimony two or three Ounces, of Barley-ſtraw chopt in pieces, a handful, as much Fenugreek, a pint of Vine-leaves, two or three handfuls of Broom-bloſſoms; put all theſe into the Lye, and mingle them together, and ſo waſh the Head therewith, put to it a little Cinamon and Myrrh, let it ſtand, and waſh your Face therewith every Evening: It is good to waſh the Head, and to comfort the Brain and Memory.

60. *Againſt ſtink of the Noſtrils.*

Take Cloves, Ginger, and Calamint, of each a like quantity, boyl them in White-Wine, and therewith waſh the Noſe within; then put in the powder of Piritrum to provoke one to ſneeze: If there be Phlegm in the Head, you muſt firſt purge the Head with Pills of Colchie, or of *Hieva picra*: Or if the ſtink of the Noſe come from the Stomack, purge firſt.

61. *To make the Hands white.*

To make the Hands white and ſoft, take Daffodil in clean water till it grow thick, and put thereto powder of *Cantarium*, and ſtir them together; then put thereto raw Eggs, and ſtir them well together, and with this Oyntment annoint your Hands, and within three or four days uſing thereof they will be white and clear.

62. A

62. A *Sweet water for the Hands.*

Take of the Oyl of Cloves, Mace, or Nutmegs, three or four drops only, and mingle it with a pint of fair water, ſtirring them a pretty while together in a Glaſs, having a narrow Mouth, till they are well mingled together, and waſh your Hands therewith, and it will be a very ſweet water, and will cleanſe and whiten the Hands very much.

63. *For heat and worms in the Hands.*

Bruiſe a little Chick-weed, and boyl it in Running-water, till the half be waſted away, and waſh your Hands in it as hot as you can ſuffer it, for the ſpace of ſix days, and it will drive away the heat, or worms in the Hands.

64. *To make the Nails grow.*

Take Wheat-flower, and mingle it with Honey, and lay it to the Nails, and it will help them.

65. *For Nails that fall off.*

Take powder of Agrimony, and lay it on the place where the Nail was, and it will take away the aking, and make the Nails to grow.

66. *For cloven Nails.*

Mingle Turpentine and Wax together, and lay it on the Nail, and as it groweth cut it away, and it will heal.

67. *For Nails that are rent from the fleſh.*

Take ſome Violets, and ſtamp them, and fry them with Virgins-wax, and Frankincenſe, and make a Plaiſter, and lay it to the Nail, and it will be whole.

68. *Another.*

Annoint your Fingers with the powder of Brimſtone, Arſenick, and Vinegar, and in ſhort time you ſhall find great eaſe.

69. *For*

69. *For ſtench under the Arm-holes.*

Firſt pluck away the Hairs of the Arm-holes, and waſh them with white-wine and Roſe-water, wherein you have firſt boyled *Caſſia Lignum*, and uſe it three or four times.

70. *For the Yellow Jaundies.*

Take the juice of Wormwood and Sorrel, or elſe make them in Syrup, and uſe to drink it in the Morning.

71. *To take away Warts from the face or Hands.*

Take Purſlain, and rub it on the warts, and it maketh them fall away: Alſo the juice of the Roots of Ruſhes applyed, healeth them.

72. *To ſmooth the Skin, and take away Morphew and* Freckles.

Annoint the Face with the Blood of a Hare, or Bull, and this will take away Morphew and Freckles, and ſmooth the Skin.

FINIS.

New and Excellent EXPERIMENTS AND SECRETS In the ART of Angling.

BEING

Directions for the whole ART.

LONDON,
Printed in the Year 1675.

New and Excellent EXPERIMENTS AND SECRETS In the ART of Angling.

To make the Lines.

TAke Care that your Hair be round, and free from Galls, Scabs, or frets, for a well Choſen, even, clear, round Hair, of a kind of a Glaſs-colour, will prove as ſtrong as three un-even ſcabby Hairs, that are ill choſe.

Let

Let your Hair be clean washed before you go about to twist it, and then not only chuse the cleareſt Hair, but Hairs that are all of an equal bigneſs, for ſuch do uſually ſtretch altogether, and not break ſingly one by one, but altogether.

When you have twiſted your Links, lay them in water for a quarter of an hour at the leaſt, and then twiſt them over again before you tye them into a Line, for thoſe that do not ſo ſhall uſually find their Links to have a Hair or two ſhrunk, and be ſhorter than all the reſt, at the firſt Fiſhing with it, which is ſo much of the ſtrength of the Line loſt, for want of wetting it at firſt, and then re-twiſting it; and this is moſt viſible in a ſeven hair Line, which hath always a black hair in the middle, called by Anglers, the Herring-bone: Thoſe Hairs that are taken from an Iron-gray, or a Sorrel Stone-Horſe, and the middle of the Tayl, are beſt.

A *Cement for Floats to Fiſh withal.*

Take black Rozin beaten, Chalk ſcraped, Bees-wax bruiſed, of each a like quantity; melt all theſe over a gentle ſmall-coal Fire in an Earthen Veſſel well leaded, and ſo warming the two Quills, fix them with a little of it; it cools immediately, and being cold, is ſo hard, ſtrong, and tite, that you can hardly pull the two Quills aſunder with both your Hands, without breaking them in pieces.

To ſight your Caps for the Float aright.

Let the uppermoſt be at the diſtance from the top of the Quill, and the lower Cap near to the end of the Quill, as in the Deſcription of it.

To dye Bone or Quills red for ever.

Take ſome Urine, and put into it as much powder of Brazile as will make it very red, which you ſhall know by dropping ſome with a Feather upon a piece of white

white Paper, and put therein Bone or Quills, being firſt well ſcraped, and laid a while in a water made of Argol, and let them lye in it ten or twelve days, then take them out, and hang them up till they are dry, and rub them with a dry Linnen Cloath, and they will be of a tranſparent colour.

Obſervations.

A Pike is called,
The firſt Year a Shotterel.
The Second, a Pickerel.
The Third Year, a Pike.
The Fourth Year, a Luce.

Fiſh are Fatteſt about *Auguſt.*

All Fiſh are in Seaſon a Moneth or ſix weeks after they have ſpawn'd.

To cleanſe Worms.

Take a piece of a Hop-Sack (becauſe that is not ſo cloſe ſtruck in the Weaving as other Cloath is) and waſh it clean, and let it dry, then take ſome of the Liquor wherein a piece of freſh Beef hath been boyled, but be ſure you take not the

Liquor

Liquor of Salt Beef, for that will kill all the Worms; dip the piece of Hop-Sack in the Liquor, and wring it out, but not hard, so that some of the Liquor abide in the Cloath; put the Worms into this Cloath, and lay them in an Earthen Pot, the Worms will run in and out through the Cloath, and scour themselves; let them stand from Morning to Night, then take out the Worms from the Cloath, and wash the Cloath as before, but not dry it, and wet it again in some of the Liquor; thus do once a day, and thus you will not only preserve your Worms alive for three weeks, or a Moneth, but also make them red and tough. *Probatum.*

The Secrets of. J. D.

Would'st thou catch Fish?
Then here's thy wish:
Take this Receipt
T'annoint thy Bait.

Thou that desirest to Fish with Line and Hook,
Be it in Pool, in River, or in Brook;

To

To bliſs thy Bait, and make the Fiſh to bite,
Loe here's a means, if thou canſt hit it right.

Take Gum of Life fine beat, and laid to ſoak
In Oyl, well drawn from that * which kills the Oak.

* *That which kills the Oak, I conjecture to be Ivy.*

Fiſh where thou wilt, thou ſhalt have ſport thy fill;
When twenty fail, thou ſhalt be ſure to kill. *Probatum.*

It's perfect and good, if well underſtood;
Elſe not to be told, for Silver nor Gold.

To unlooſe the Line in the Water.

Of theſe there are ſeveral ſorts, according to ſeveral Mens Fancies; that which I approve of, as being the ſureſt, is a forked ſtick, about two Yards long, if it be not long enough to reach the bottom, you may laſh it to any other ſtick.

Theſe

These Fish rise best at a Flye.

Salmon.	Bleak.
Trout.	Cherin, or Chub.
Vinber.	Roch.
Groyling.	Dace.

Ad Capiendum Pisces.

Recipe musilago vel Scholaris Fortes (Anglicè white Mullen) *collecta circa medium* Maii, *quando Luna, sit plena, distemperata cum nigro sale & serva in olla terrea, & quando vis occupare ungue manus & lava eas in loco ubi sunt Pisces.*

A good Bait for Fish all Seasons of the year.

Take Wheat-flower, and Tallow of a new slain Sheep, and the white of an Egg, beat them all together, and make a paste therewith, and Bait with it.

Roch

Roch and Dace.

From the tenth of *March* to the tenth of *May* is the ſpawning time for Roch and Dace.

A *Paſte for Roch, Dace, Chub.*

Fine Manchet, Old Fat Cheeſe of the ſtrongeſt, Ruſty Bacon; beat theſe in a Mortar, and moiſten it with a little Brandy, and colour it with Turmerick or Cambogia, or Red Vermilion.

Baits.

1. Take the Fleſh of a Rabbit, or a Cat cut ſmall, and Bean-flower, and for want of that, other Flower; mix theſe together, and put to them either Sugar or Honey (but I judge Honey the beſt) beat theſe together in a Mortar, or ſometimes work them in your hands (being very clean) then make it into a Ball, but you muſt beat it ſo long, till it be ſo tuff, that it will hang upon the hook, yet not too hard neither, that you may the better dough-knead with your Paſte a little white,

white, or yellow wool; if you would have this Paſte keep all the Year, then mix with it Virgins-wax and Clarified Honey, and work it together with your Hands before the Fire, then make it into Balls, and it will keep all the Year.

2. *Another.*

Take a handful or two of the beſt and biggeſt Wheat you can get, boyl it in a little Milk (as Furmity is boyled till it be ſoft) and then fry it very leiſurely, with Honey and a little beaten Saffron diſſolved in Milk; you will find it a choyce Bait, and good I think for any Fiſh, eſpecially for Roch, Dace, Chub, and Cheven.

3. *Another.*

The tendereſt part of the Leg of a Young Rabbit, Whelp, or Catlin, as much Virgins-wax, and Sheeps Suet; beat them in a Mortar, till they are well Incorporated, then with a little Clarified Honey, temper them before the Fire into a Paſte.

4. *Ano-*

4. *Another.*

Sheeps-Kidney-Suet, as much Old ſtrong Cheeſe, fine Flower, or Manchet; beat it into a Paſte, and ſoften it with Clarified Honey.

5. *Another.*

Sheeps-blood, Old Cheeſe, fine Manchet, Clarified Honey; make all into a Paſte, as before.

6. *Another.*

Cherries, Sheeps-blood, Saffron, fine Manchet; make all into a Paſte, as before: You may add to any of theſe, or other Paſtes, *Cocculus Indicæ*, *Aſſa fœtida*, Oyl of Polypody of the Oak, the Gum of Ivy diſſolved; I judge there is Virtue in theſe Oyls, but eſpecially in the Gum.

7. *Another.*

Pull off the Scale from a boyled Prawn, or Shrimp, Bait the Hook with it, and it is an Excellent Bait for Roch, Dace, Bleak.

8. *Another.*

8. *Another.*

Bean-flower, Honey, and the white of a Egg made up into a Paſte, is an Excellent, and long Experienced Bait for ſmall Fiſh, which if they once taſte of, they will never forſake till Death.

9. *Another.*

Gentles, of which kind the beſt are thoſe that are bred upon a Car, becauſe they are the quickeſt, and livelieſt.

If you put ſome Gentles into a Box, where Vermilion hath been, they will live in it two or three days, and will become of a very Tranſparent Colour, and keep ſo in the water when you Fiſh with them.

When you Fiſh in a quick Stream, a long Quill or Float is beſt.

But in an Eddy, or ſtill Stream, the ſhorter the Quill or Float is, the better.

When you Fiſh at the Well-boats, or at the Bank-ſide, be there at half Ebbing water, and Fiſh upon thoſe Well-boats that lye neareſt to the ſhoar, till the water falls away from them, then go to the outermoſt Boats.

Some

Some of the Well-boats do ſheer to and again from the place where your Ground-bait lyeth, to prevent which, and that you may always Fiſh in that place where you have caſt your Ground-bait, you muſt have a Buoy to lye out, and then you are ſure to Fi h right.

10. *Another Bait.*

Dry Sheeps-blood in the Air upon a dry board, till it become a pretty hard dry lump, then cut it into ſmall pieces for your Uſe.

11, *Another.*

You ſhall find in the Moneths of *June*, *July*, and *Auguſt*, great quantities of Ant-flyes, go to the Ant-hills, and take a great handful of Earth, with as much of the Roots of the Graſs as you can; put all into a large Glaſs Bottle, then gather a Pottle of the blackeſt Ant-flyes, but take heed you bruiſe them not; Roch and Dace will bite at theſe Flyes under water, near the Ground.

Direkti-

Directions how to make your Paſte.

Firſt, waſh your Hands very clean, then get ſome of the fineſt Manchet, of two or three days old, and cut away all the Cruſt, then lay it in water, or Milk, which is better; let it lye no longer than till it is ſoaked juſt through, then ſqueeze out all the water very well, then knead it in your hands very well, with a little bit of ſweet butter, to make it ſtiff, colour it with Vermilion; if you make it over-night, keep it in a wet Linnen rag, all the water being wrung out of it; in the kneading ſcrape a little old Cheeſe among it.

How to Bait with Gentles.

Put your Hook through the middle-part of the Gentle, and no more, then he will live longeſt; I mean through the skin and no more: But if you could get ſome Oyl of Ivy, that is rightly taken from the Tree in the Moneth of *May*, and caſt but two drops of it among the Gentles before you uſe them, you would have ſport beyond expectation.

When to drag upon the Ground, and when not.

When you Fiſh in a quick Stream drag a Quills length, or more.

Alſo when the water is not clear, but of a white or Clay Colour, and if you put a little piece of Scarlet a little above the Hook, the Fiſh will ſee the Bait the better.

Sometimes when you are at the Sport the Wind ariſeth, and makes your Float dance upon the Waves, then always obſerve, and watch well the motion of your Float under water, and not the top of your Float.

I ſaw an Angler whipping for Bleaks and Dace with a *May*-flye, but he put on a Gentle upon the Hook beſides, and he had excellent ſport.

Carp

Carp and Tench.

Baits.

1. A Carp will take a red Worm dipt in Tarr, at the bottom.

2. Malt-flower, Old *Cheſhire* Cheeſe, *Engliſh* Honey, Eggs; temper theſe together with a little water (but I ſhould think Milk is far better) colour it with Saffron, and put as much upon the Hook, as the bigneſs of a large Haſle-Nut.

Bait the place where you intend to Fiſh, very well over Night, with Grains and Blood; the next Morning very early Fiſh for him, with a well ſcoured Lob-worm, or the Paſt above-mentioned.

You may dip your Worm in Tarr, and try what that will do.

A Carp choſeth the deepeſt, and ſtilleſt places in Ponds and Rivers, and ſo doth the Tench, and alſo green weeds, which he loves exceedingly.

Late in the Evening the Ale, Grains, and Blood,
Well mixed together, is Bait very good
For Carp, Tench, Roch, and Dace to prepare,
If early in the Morn at the River you are.
Strong Tackle for Carp, for Roch and Dace fine,
Will help thee with Fish sufficient to Dine.
For the Carp, let thy Bait the knotted Worm be,
The rest love the Cadis, the Paste or the Flye.

Chub, Pike, and Bream.

The Pike chuses Sandy, or Clay ground, in still Pools full of Fry; the Bream loves a gentle Stream, and the broadest part of the River; the Chub loves the same ground, and spawns in *May*.

One, who was the best trouler of Pikes in *England*, used always to troul with a Hazle-Rod twelve Foot long, with a Ring of wyre in the top of his Rod for his Line to run through, within two Foot of the Rod

Rod there was a hole to put in a winder, to turn with a Barril, to gather up his Line, and looſe it at his pleaſure; this was his manner of trouling with a ſmall Fiſh.

There are ſeveral other ways to take Pikes; there is a way to take a Pike, which is called the Snap, for with Angling you muſt have a pretty ſtrong Rod, for you muſt Angle with a Line no longer than your Rod, which muſt be very ſtrong, that you may hold the Fiſh to it; your Hook muſt be a double Hook, made of a large wyre, and Armed with wyre one or two Links long; you muſt Bait the Fiſh with the Head upwards, and the point muſt come forth of his Side, a little above his vent.

In all your Baitings for a Pike, you muſt enter the Needle where the point cometh forth, ſo draw your Arming through, until the Hook lyeth as you think fit, then make it faſt with a thread to the wyre, but firſt tye the thread about the wyre, otherwiſe the Fiſh will skip up and down, ſo fall to work: The Bait muſt be a Gudgeon, a ſmall Trout, Roch, or Dace.

Now, I will pawn my Credit, that I

will ſhew a way, either in Ware, Pond, or River, that ſhall take more Pikes, than any Trouler ſhall do by Trouling; and it is this.

Firſt, take a forked ſtick, a Line of twelve Yards long wound upon it, at the lower end leave a Yard to tye; either a bunch of Flaggs, or a Bladder, to Buoy up the Fiſh, to carry the Bait from the Ground, that the Fiſh may ſwim clear; the Bait muſt be alive, either a ſmall Trout, Gudgeon, Roch, or Dace; the forked ſtick muſt have a ſlit on the one ſide of the fork to put the Line in, that the live Fiſh may ſwim at the gauge you ſet the Fiſh to ſwim at, that when the Pike takes the Bait, the Pike may have the full Liberty of the Line for his feed; you may turn as you pleaſe of theſe looſe in the Pond or River all day long, the more the better, and do it in a Pond-wind; the Hooks muſt be double Hooks.

To Bait the Hook.

Take one of the Baits alive, and with your Needle enter the Fiſh within a ſtraws breadth of the Gill, ſo put the Needle in betwixt the Skin and the Fiſh, then draw the

the Needle out at the hindermoſt fin, drawing the Arming through the Fiſh, untill the Hook come to lye cloſe to the Body; but I hold it better, if it be Armed with wyre, to take off the Hook, and put the Needle in at the hindermoſt fin, and ſo come forth at the Gill, then put on the Hook, and it will hurt the live Fiſh the leſs, ſo knit the Arming with the live Fiſh to the Line.

But I judge the Baiting with a live Fiſh is done far better, as it is done, Baiting with a Minew, to Fiſh for a Trout.

A Rod twelve Foot long, and a Ring of wyre,
A winder and Barril will help thy deſire,
In killing a Pike; but the forked ſtick,
With a ſlit and a Bladder, and the other fine trick,
Which our Artiſts call Snap, with a Gooſe or a Duck,
Will kill two for one, if thou have any luck.

Chub takes a black Snail about *Auguſt*; and for a Bait, take the fourth Receipt preſcribed for Roch and Dace, but colour it with Saffron, or Gambogia.

The Pike in the Moneth of *March*, before which time it is good Fiſhing for him, but after *March* it is not good till the middle of *May*: A Smelt is a Rare Bait, a Pole for troul ng ſhould be eleven Foot long, for the Snap twelve Foot.

When you troul, the head of the Fiſh muſt be downward at the bent of the hook; but when you ſnap, the head muſt be upward at the ſhank of the hook.

If you Fiſh at Snap for a Pike, give him leave to run a little before you ſtrike, and then ſtrike the contrary way he runs.

If you Fiſh with a dead Bait for him, take this as a moſt Excellent one.

Take a Minew, or yellow Frogg, a Dace, or a Roch, and having diſſolved ſome Gum of Ivy in Oyl of Spike, annoint your Bait therewith, and caſt it where the Pikes frequent, and when it hath lain a little while at the bottom, draw it up to the top, and ſo up the Stream, and if Pikes are in the place where you Fiſh, you will quickly perceive them to follow it with much eagerneſs.

Perch.

Perch.

The Perch loveth a gentle Stream, of a reasonable depth, seldom shallow.

Baits.

1. His Bait is most commonly a red knotted Worm, or a Minew.

2. *Another.*

Make a Bait with the Liver of a Goat, and Bait your Hook therewith.

3. *Another.*

Take yellow Butter-flyes and Cheese made of Goats-Milk, of each half an Ounce, of Opoponax the weight of two *French* Crowns, of Hoggs-blood half an Ounce, Galbanum as much; pound them all well, and mix them together, pouring upon them red Wine, and make thereof little balls, such as you use to make perfumes into, and dry them in the shade.

4. *Another.*

To bait your Hook with a live Minew, when you Fiſh for a Trout, or Perch, with a Running Line.

Firſt put your Hook in at his Mouth, and out at his Gill, then having drawn your Hook two or three Inches beyond, or through his Gill, put it again into his Mouth, and the point and beard out at his Tayl, and then tye the Hook and his Tayl with a white thread, which will make it apter to turn quick in the water; then pull back that part of your Line which was ſlack, when you put your Hook into the Mouth the ſecond time; I ſay, pull that part of it back, ſo that it ſhall faſten the Head, that ſo the body of the Minew ſhall be almoſt ſtreight on the Hook; then try how it will turn by drawing it croſs the water, or againſt the Stream, and if it do not turn nimbly, then turn the Tayl a little to the right or left hand, and try again till it turn quick, for if not, you are in danger to catch nothing; for know, that 'tis impoſſible it ſhould turn too quick: But if you want a Minew, then a ſmall

ſmall Roch, or ſtickle-back, or any other ſmall Fiſh will ſerve as well; If you Salt your Minews, you may keep them three or four days fit for Uſe, or longer; Bay-Salt is beſt.

5. *Another.*

To Bait with a Lob-worm, to Fiſh for a Trout or Perch with a Running Line, with a Swivel.

Suppoſe it be a big Lob-worm, put your hook into him above the middle, then draw your worm above the Arming of your hook, enter your worm at the tayl-end of the worm, the point may come out toward the Head, and having drawn him above the Arming of your hook, put the point of your Hook again into the very Head of the worm, till it come to the place where the point of the hook firſt came out, and then draw back that part of the worm that was above the Shanker Arming of the Hook. And ſo Fiſh with it, you cannot loſe above two or three worms before you attain to what I Direct you, and having attained it, you will find it very uſeful, for you

you will run upon the Ground without tangling, but you muſt have a Swivel.

Trout.

The Trout loves ſmall purling Brooks, or Rivers that are very ſwift, and run upon Stones, or Gravel; he feeds while he is in ſtrength in the ſwifteſt Streams, behind a Stone, Log, or ſome ſmall bank that ſhooteth into the River, and there lyes watching for what comes down the Stream. He ſpawns about *October*.

Baits.

1. You ſhall find in the Root of a great Dock, a white Worm with a red Head, with this Worm Fiſh for a Trout at the bottom, he lyes in the deep, but feeds in the Stream.

2. *Another.*

He alſo takes very freely a Worm, called a Brandling, of which ſort the beſt are found at the Bear-Garden, amongſt the Bears Dung.

An Universal Bait to take all manner of Fish, but especially Trouts, which hath been Experienced by an Ancient Angler, and made by a Chymist, in 1668.

Take of the Juice of Camomile two spoonfuls, Oyl of Spike four drams, Spirit of Vitriol one Ounce, Oyl of Comfrey by Infusion, six drams, Goose-grease one Ounce; Dissolve these over the Fire, being well melted, let it stand till it is cold, then put it into a strong Glass, and let it stand three or four days before you stop it up, with a good Cover made of Parchment and Leather, and it will keep good for seven Years.

Gudgeons.

A Gudgeon spawns in *May*, and sometimes in *April*.

Bait.

A Gudgeon takes nothing but a red knotted Worm, in a Horse Dung-hill.

Barbel.

Barbel.

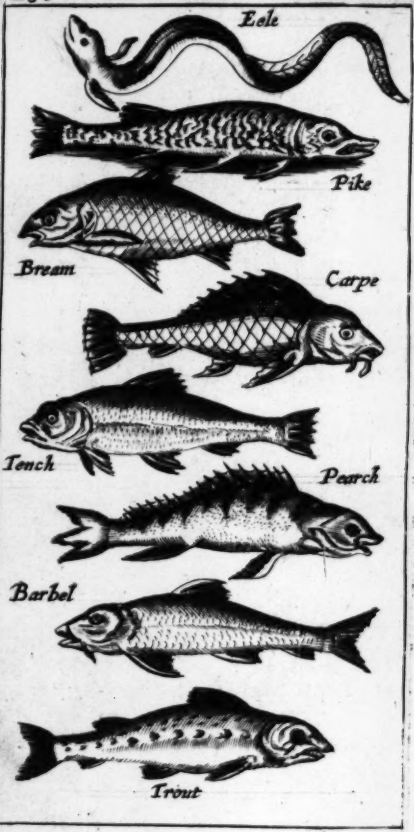
The Barbel (as *Geſner* ſaith) is one of thoſe Leather-mouth'd Fiſhes, having his Teeth in his Throat.

There are divers ways of Fiſhing for him, as with a Caſting-Line of ſmall Whip-cord, a Plummet, and a pair of ſmall drablers of Hair.

Others Fiſh for him with a ſtanding-Line, either of Silk, or ſmall Braſs wyre well nealed, with a Plummet of one, two, three, or four Ounces, according to the ſwiftneſs of the Stream, and a pair of drabbers, as before.

Some Fiſh for Barbel with Caſting-Lines, as at *London-bridge*, a Plummet of one pound and half, and a pair of drabbers.

There is yet another way (though againſt the Statute, and forbidden by the Court of Aldermen,) and that is, by ſcratching with Hooks without Beards.


Eele
Pike
Bream
Carpe
Tench
Pearch
Barbel
Trout

Baits.

His Baits are green Gentles, ſtrong Cheeſe, ſometimes a Lob-worm, and ſometimes a piece of Pickled Herring.

Eels.

To reckon up the ſeveral ways of taking Eels, were almoſt, if not altogether, impoſſible; and therefore I ſhall only tell you how the Anglers here in *London* take them.

Take a ſhooting-Line, of 10, 12, 14, 16, or 20 Hooks, as many, and as few as you pleaſe; and this cannot but be an Excellent way, either in Pond, River, or Moat.

The manner of making it is very well known to all thoſe that Sell Hooks and Fiſhing-Tackle in *Crooked-Lane*, where you may buy them ready made.

Baits.

His Bait is green Gentles, ſtrong Cheeſe, Lob-worms, Pickled-Herring, Powdered Beef, or Periwinkles.

Your

Your Plummet must be three pound, or three pound and an half of Lead.

Bream.

The Bream loveth a red Worm, taken at the Root of a great Dock, it lyeth wrapt up in a knot, or round Clue. He chuseth the same waters as the Pike.

Salmon.

The Salmon loveth large swift Rivers, where it Ebbs and Flowes; he spawns at the latter end of the Year.

To Fish for Salmon.

The first thing you must gain, must be a Rod of some ten Foot in the Stock, that will carry a top of six Foot; stiff and strong; the Reason is, because there must be a wy[illegible]g at the upper end of the top, for the Line to run through, that you may take up, and loose the Line at your pleasure, you must have the winder within two Foot of the bottom of your Rod, made in the manner expresst, with a spring, that you may put it on as low as you please. The

The Salmon ſwimmeth moſt commonly in the midſt of the River, in all his Travels he deſires to ſee the uppermoſt part of the River, Travelling on his Journey in the heat of the Day, he muſt take a Buſh, if the Fiſher-Man eſpye him, he goeth at him with his Spear, and ſo ſhortneth his Journey.

The Angler that goeth to Fiſh for him with a Hook and Line, muſt Angle for him as nigh the middle of the water as he can with one of theſe

Baits.

Take two Lob-worms, and put the hook ſo near through the middle of them, that the four ends may hang of an equal length, and ſo Angle as near the bottom as you can, feeling your Plummet run on the ground, ſome twelve Inches from the hook.

If you Angle for him with a Flye (which he will riſe at like a Trout) the Flye muſt be made of a large hook, which hook muſt carry ſix wings, or four at the leaſt; there is Judgment in making theſe Flyes.

The Salmon will come at a Gudgeon in the manner of a Trouling Line, and cometh

eth at it bravely, which is fine Angling for him; you muſt be ſure your Line be of twenty ſix, or thirty Yards long, that you may have your convenient time to turn him, or elſe you are in danger to loſe him, but if you turn him, you are likely to have him, all the danger is in the running out, both of Salmon and Trout.

You muſt fore-caſt to turn the Fiſh as you do a wild Horſe, either upon the Right or Left hand, and wind up your Line as you find occaſion in the guiding the Fiſh to the ſhoar, having a large Landing-hook to take him up,

Cloſe to the bottom, in the midſt of the water,
I Fiſh'd for a Salmon, and there I caught her.
My Plummet twelve Inches from the large hook,
Two Lob-worms hung equal, which ſhe ne'r forſook:
Nor yet the great hook, with the ſix winged Flye,
And ſhe makes at a Gudgeon moſt furiouſly.

My

My ſtrong Line was juſt twenty ſix yards long:
I gave him a turn, though I found him ſtrong.
I wound up my Line, to guide him from ſhoar;
The Landing-hook helpt much, but the Cookery more.

The Names of the Flyes that are uſed in Angling, with the Times when they are in Seaſon, and what the Bodies and Wings are made of.

1. A Stone Fly, which is in Seaſon in *April*, the Body of it is made with black-wool, made yellow under the Wings, and under the Tayl; the Wings are made of a Mallards Feather.

2. A Ruddy Fly, is in Seaſon in the beginning of *May*; the Body is made of red wooll wrapt about with blue Silk, the Wings are made of the Wing of a Drake, and a red Hackle.

3. The yellow, or greeniſh Fly, in Seaſon in *May*, made of yellow wool, his Wings made of red Hackles, and the Wing of a Drake.

4. The

4. The Dun Fly is ſometimes of Dun-wool, and ſometimes black, in Seaſon in *March*; his Wings made of Partridge Feathers, black Drakes Feathers, and the Feathers under his Tayl.

5. The Black Fly, in Seaſon in *May*, made of black-wool, and wrapt about with Peacocks Tayl, the Feathers of the wings of a brown Capon, with the blue Feathers in his head.

6. The ſad yellow Fly, in Seaſon in *June*, made of black-wool, with a yellow Liſt on either ſide; the wings of a Buzzard, bound with black braked hemp.

7. The Mooriſh Fly, in Seaſon in *June*, made of duskiſh wool, the wings the black Male of a Drake.

8. The tawny Flye, good till the middle of *June*, made of Bears-wool, the wings made contrary one againſt the other, of the whitiſh Male of a wild Drake.

9. The Waſp-Fly, in Seaſon in *July*, made of black-wool, wrapt about with yellow Silk; the wings of a Drakes Feathers, or Buzzards.

10. The Shell-fly, good in the middle of *June*, made of greeniſh wool, lapt about with Pearl of a Peacocks Tayl; the wings of a Buzzards Feathers.

11. The

11. The dark Drake-Fly, made of black-wool wrapt about with black Silk; in Seaſon in *Auguſt*, the wings, the Male of the Black Drake with a black Head.

12. The *May*-Fly, made of greeniſh coloured Cruel, or Willow colour, and darken it in moſt places with waxed Silk, or Ribb'd with a black hair, or ſome of them Ribb'd with Silver thread, and ſuch wings for the colour, as you ſee the Fly to have at that Seaſon.

13. The Oak-Fly, the Body made of Orange-tawny, and black Cruel; the wings the brown of a Mallards Feather.

The beſt way of Dreſſing theſe, and all other ſorts of Fiſh, you may find in the next Part following.

FINIS.

THE Compleat Cook's GUIDE.

OR,

Directions for the Dreſſing of all Sorts of Fleſh, Fowl, and Fiſh, both in the *Engliſh* and *French* Mode; with the preparing of all manner of Sawces and Sallets proper thereunto.

TOGETHER

With the making of all Sorts of Pyes, Paſties, Tarts, and Cuſtards; with the Forms and Shapes of many of them.

WITH

Bills of Fare, both for Ordinary, and Extraordinary.

London, Printed in the Year 1675.

THE Compleat Cook's GUIDE.

1. *To make a Lamb Pye.*

FIrſt, Cut your Lamb into pieces, and then Seaſon it with Nutmegs, Cloves, and Mace, and ſome Salt with Currans, Raiſins of the Sun, and Sweet Butter; and if you will eat it hot, when it is baked put in ſome Yolks of Eggs, with Wine-Vinegar and Sugar beaten together; but if you will eat it cold, put in no Eggs, but only Vinegar and Sugar.

2. *To make a Rice-Pudding.*

Take thin Cream, or good Milk, of what quantity you pleaſe, boyl it with a little Cinamon in it, and when it hath boyled a while, take out the Cinamon, and put in Roſe-water, and Sugar enough to make it ſweet and good; then having your Rice ready beaten, as fine as Flower, and ſierſed as ſome do it, ſtrew it in, till it be of the thickneſs of a Hafty-pudding, then pour it into a Diſh, and Serve it.

3. *To make Cheeſe-Cakes, the beſt way.*

Take two Gallons of New Milk, put into them two ſpoonfuls and a half of Runnet, heat the Milk little leſs than Blood-warm, cover it cloſe with a Cloath, till you ſee the Cheeſe be gathered, then with a ſcumming-diſh gently take out the whey, when you have dreyn'd the Curd as clean as you can, put it into a Siev, and let it drain very well there; then to two quarts of Curds, take a quart of thick Cream, a pound of Sweet Butter, twelve Eggs, a pound and half of Currans, a penny-worth

worth of Cloves, Nutmeg and Mace beaten, half a pound of good Sugar, a quarter of a pint of Roſe-water; mingle it well together, and put it into Puff-paſte.

4. *To make an Egg-Pye, or Mince-Pye of Eggs.*

Take the Yolks of two dozen of Eggs hard boyled, ſhred them, take the ſame quantity of Beef-Suet, half a pound of Pippins, a pound of Currans well waſht, and dry'd, half a pound of Sugar, a penny-worth of beaten Spice, a few Carraway-Seeds, a little Candyed Orange-peel ſhred, a little Verjuice and Roſe-water; fill the Coffin, and bake it with gentle heat.

5. *To Carbonado Mutton.*

Broyl a Shoulder, or Breaſt of Mutton, then Scotch them with your Knife, and ſtrew on minc'd Thyme and Salt, and a little Mutmeg; when they are broyled, Diſh them up: The Sauce is Claret-wine boyled up with two Onions, a little Camphire and Capers, with a little Gravy,

Garnish'd with Limons.

6. To *stew a Pheasant*, French *Fashion.*

Roast your Pheasant, till he be half Roasted, then boyl it in Mutton-Broath, and put into the Broath whole Pepper, whole Mace, and sliced Onions, and Vinegar, and make it sharp, and put in Pruans and Currans, and colour your Broath with bruised Pruans.

7. To *make Bisket-bread.*

Take half a peck of Flower fine, two Ounces of Anniseeds, two Ounces of Coriander-seed, the whites of six Eggs, a pint of Ale-Yeast, with as much warm-water, as will make it up into a Paste, so bake it in a long Roul; when it is two days Old, pare it, and slice it, then Sugar it, and dry it in an Oven, and so keep it all the Year,

8. To *make a Dish of Marrow.*

Take a piece of fine Paste, and roul it very thin; then take the Marrow all as whole out of the Bones as you can, and cleave

cleave it into four quarters; then take it and ſeaſon it with a little Pepper, Salt, Sugar, and Dates ſmall minced, then lay one piece in your Paſte, and make it up like a Peſcod; ſo make half a dozen of them, and fry them in Clarified Butter, ſcrape Sugar on, and ſerve them.

9. To *make a Herring-pye.*

Put great ſtore of ſliced Onions, with Currans and Raiſins of the Sun, both above and under the Herrings, and ſtore of Butter; put them into your Pye, and bake them.

10. To *make Black-puddings.*

Take a quart of Sheeps-blood, and a quart of Cream, ten Eggs, the yolks and the whites beaten together; ſtir all this Liquor very well, then thicken it with grated bread, and Oat-meal finely beaten, of each a like quantity, Beef-ſuet finely ſhred, and Marrow in little lumps; ſeaſon it with a little Nutmeg, Cloves, and Mace mingled with Salt, a little ſweet Marjoram, Thyme, and Penny-royal ſhred very well together, and mingle them

with the other things, ſome put in a few Currans: Then fill them in cleanſed Guts, and boyl them very carefully.

11. *To make a good* Spaniſh *Olio.*

Take a Rump of Beef, or ſome of a Briſket or Buttock, cut it to pieces; a Loyn of Mutton with the Fat taken off, and a fleſhy piece of a Leg of Veal, or a Knuckle, a piece of inter-larded Bacon, three or four Onions, or ſome Garlick, and if you will, a Capon or two, or elſe three great Tame-Pigeons. Firſt, put into the water the Beef and Bacon, after a while the Mutton, Veal, and Onions, but not the Capon or Pigeons, only ſo long till they are boyled enough; if you have *Garavanza's*, put them in at the firſt, after they have been ſoaked with Aſhes all night in heat, waſh them well in warm water; or if you have Cabbage, Roots, Leeks, or whole Onions, put them in time enough to be ſufficiently boyled. You may at firſt put in ſome Cruſts of Bread, or Veniſon Pye-Cruſt; it muſt boyl in all five or ſix hours gently, like ſtewing; after it is well boyled, a quarter, or half an hour before you intend to take it, take out

a

a porringer full of Broath, and put to it ſome Pepper, and five or ſix Cloves, and a Nutmeg, and ſome Saffron, and mingle them well in it, then put that into the Pot, and let it boyl, or ſtew with the reſt a while, put in a bundle of ſweet Herbs, ſalt muſt be put in when it is ſcumm'd.

12. *To Stew Veniſon.*

If you have much Veniſon, and do make many cold baked Meats, you may ſtew a Diſh in haſt thus: When it is ſliced out of your Pye, Pot, or Paſty, put it in your ſtewing-Diſh, and ſet it on a heap of coals, with a little Claret Wine, a ſprigg or two of Roſemary, half a dozen Cloves, a little grated bread, Sugar, and Vinegar, ſo let it ſtew together a while, then grate on Nutmeg, and Diſh it up.

13. *To boyl a Leg of Veal and Bacon.*

Lard your Leg of Veal with Bacon all over, with a little Limon-peel amongſt it, then boyl it with a piece of Middle-Bacon; when your Bacon is boyled, cut it in ſlices, ſeaſon it with Pepper and dryed Sage mixt

together; Diſh up your Veal with the Bacon round about it, ſend up with it ſaucers of green Sauce; ſtrew over it Parſley and Barberries.

14. *To make Furmety.*

Take *French*-barley, and pick it, and waſh it, lay it in ſteep one Night, then boyl it in two or three ſeveral waters, and ſo cover it as as you would do Wheat to make it ſwell; then take a quart of good Cream, and boyl it with a Race of Ginger cut in two pieces, one blade of Mace, and half a Nutmeg all in one piece; then put thereto ſo much of the Barley as will thicken it, and when it is almoſt boyled, ſtir in two or three Yolks of Eggs well beaten, and ſo ſtrained with a few beaten Almonds and Flower, or five ſpoonfuls of Roſe-water; then take out the whole Spices, and ſeaſon your Furmety with Salt, and ſweeten it with Sugar, and ſerve it.

15. *To make a Pig-pye.*

Flea your Pigg, and cut it into pieces, and ſeaſon it with Pepper, Salt, Nutmeg, and large Mace, lay into your Coffin good ſtore

ſtore of Raiſins of the Sun, and Currans, and fill it up with ſweet Butter, ſo cloſe it, and ſerve it hot.

16. *To make a Neats-Foot-Pye.*

Firſt boyl your Neats-Foot, and take out the Bones, then put in as much Beef-ſuet as in quantity thereto, and ſo mince them, then Seaſon it with Cloves, Mace, Nutmeg, Sugar, and Salt, and put it into your Coffin with ſome Barberries, Currans, and Raiſins of the Sun, then bake it, and always ſerve it hot.

17. *To make an Orangado-pye.*

Make a handſom thin Coffin, with hot butter'd Paſte, ſlice your Orangado, and put over the bottom of it; then take ſome Pippins, and cut every one into eight parts, and lay them in alſo upon the Orangado, then pour ſome Syrup of Orangado, and Sugar on the top, and ſo make it up, and bake it, and ſerve it up with Sugar ſcraped on it.

18. *To make a Pork-pye.*

Boyl your Leg of Pork, ſeaſon it with Nutmeg, Pepper, and Salt; and bake it five hours in a Round Pye.

19. *To make a Fricaſie of Veal.*

Cut your Veal in thin ſlices, beat it well with a Rowling-pin; ſeaſon it with Nutmegs, Limon, and Thyme, fry it ſlightly in the Pan, then beat two Eggs, and one ſpoonful of Verjuice; put it into the Pan, ſtir it together, fry it, and Diſh it.

20. *To make a Quince-Pye.*

Take a Gallon of Flower, a pound and half of Butter, ſix Eggs, thirty Quinces, three pound of Sugar, half an Ounce of Cinamon, half an Ounce of Ginger, half an Ounce of Cloves, and Roſe-water; make them into a Tart, and being baked, ſtrew on double-refined Sugar.

21. To *make a Gooſeberry-Fool.*

Pick your Gooſeberries, and put them into clean water, and boyl them till they be all as thick that you cannot diſcern what it is; to the quantity of a quart, take ſix Yolks of Eggs well beaten with Roſe-water, before you put in your Eggs, ſeaſon it well with Sugar, then ſtrain your Eggs, and let them boyl a while; put it in a broad Diſh, and let it ſtand till it is cold, and ſerve it,

22. To *make a Tart of Green-Peaſe.*

*B*oyl your Peaſe tender: and pour them out into a Cullender, ſeaſon them with Saffron, Salt, ſweet butter, and Sugar; then cloſe it, and let it bake almoſt an hour, then draw it forth and Ice it, put in a little Verjuice, and ſhake it well, then ſcrape on Sugar, and ſerve it.

23. *To ſouce an Eel.*

Souce an Eel with a handful of Salt, ſplit it down the back, take out the Chine-bone, ſeaſon the Eel with Nutmeg, Pepper, Salt, and ſweet Herbs minc'd; then lay a pack thread at each end, and the middle roul up like a Collar of Brawn, then boyl it in water, Salt, and Vinegar, a blade or two of Mace, and half a ſlice of Limon, boyl it half an hour, keep it in the ſame Liquor two or three days, then cut it out in round pieces, and lay ſix or ſeven in a Diſh with Parſley and Barberries; and ſerve it with Vinegar in Saucers.

24. *To make a Bacon-Tart.*

Take a quarter of a pound of the beſt Jordan-Almonds, and put them in a little warm water to blanch them, then beat them together in a Mortar with three or four ſpoonfuls of Roſe-water, then ſweeten them with fine Sugar; then take Bacon that is clear and white, and hold it upon the point of a Knife againſt the Fire, till it hath dropt a ſufficient quantity, then ſtir it well together, and put it into the Paſte, and bake it.

25. *To*

25. *To make an Umble-Pye.*

Lay Beef-ſuet minc'd in the bottom of the Pye, or ſlices of Inter-larded Bacon, and cut the Umbles as big as ſmall Dice, cut your Bacon in the ſame Form, and ſeaſon it with Nutmeg, Pepper, and Salt, fill your Pyes with it, with ſlices of Bacon and Butter, cloſe it up, and bake it; Liquor it with Claret, Butter, and ſtripped Thyme, and ſo ſerve it.

26. *To keep Aſparagus all the Year.*

Par-boyl your Aſparagus very little, and put them into Clarified Butter, cover them with it, and when the Butter is cold, cover them with Leather, and about a Moneth after refreſh the Butter, melt it, and put it on them again; then ſet them under Ground, being covered with leather.

27. *To Roaſt a Hanch of Veniſon.*

If your Veniſon be ſeaſoned, you muſt water it, and ſtick it with ſhort ſprigs of Roſemary: Let your Sauce be Claret-Wine, a handful of grated Bread, Cinamon, Ginger, Sugar, a little Vinegar; boyl theſe up ſo thick, as it may only run like batter; it ought to be ſharp and ſweet: Diſh up your Meat on your Sauce.

28. *To Carbonado Hens.*

Let your ſauce be a little White-Wine and Gravy, half a dozen of the Yolks of hard Eggs minced, boyled up with an Onion, add to it a grated Nutmeg; thicken it up with the Yolk of an Egg or two, with a Ladle-full of drawn butter; Diſh up your Hens, and pour over your ſauce, ſtrew on Yolks of Eggs minced, and garniſh it with Limon.

29. *To*

29. To *fry Artichoaks.*

When they are boyled, and ſliced fitting for that purpoſe, you muſt have your Yolks of Eggs beaten with a grated Nutmeg or two; when your Pan is hot, you muſt dip them into the Yolks of Eggs, and charge your Pan; when they are fryed on both ſides, pour on drawn butter: And if you will fry *Spaniſh* Potato's, then the Sauce is, Butter, Vinegar, Sugar, and Roſe-water; theſe for a need may ſerve for Second-Courſe Diſhes.

30. To *make a Hedge-hog-Pudding.*

Put ſome Raiſins of the Sun into a deep wooden Diſh, and then take ſome grated Bread, and one pint of ſweet Cream, three Yolks of Eggs, with two of the whites, and ſome Beef-ſuet, grated Nutmeg, and Salt; then ſweeten it with Sugar, and temper all well together, and ſo lay it into the Diſh upon the Raiſins, then tye a Cloath about the Diſh, and boyl it in Beef-broath, and when you take it up lay it in a pewter Diſh, with the Raiſins upper-

uppermoſt, and then ſtick blanched Almonds very thick into the Pudding, then melt ſome butter, and pour it upon the Pudding, then ſtrew ſome Sugar about the Diſh, and ſerve it.

31. To *ſtew a Leg of Lamb.*

Cut it into pieces, and put it into your ſtewing-pan, being firſt ſeaſoned with Salt and Nutmeg, and as much butter as will ſtew it, with Raiſins of the Sun, Currans, and Gooſeberries; when it is ſtewed, make a Caudle with the Yolks of two or three Eggs, and ſome Wine-Vinegar and Sugar beaten together, and put it into your Meat, and ſtew all a little longer together; then Diſh it, ſtrew Sugar on the brims, and ſerve it hot.

32. To *bake a Pickerel.*

Boyl your Pickerel, and pull out the Ribs and Bones, then put it into your Paſte, and ſeaſon it with Pepper and ſalt, and put in ſome Butter, and Raiſins of the Sun, and ſo bake it.

33. To

33. To *make a Haggeſs-Pudding.*

Take a fat Haggeſs, par-boyl it well, take out the Kernels, ſhred it ſmall, and temper it with a handful or two of grated Manchet; then take three or four Eggs well beaten, Roſe-water, Sugar, Cloves, Nutmeg, Cinamon, and Mace finely beaten, Currans and Marrow good ſtore; temper them all together with a quantity of Cream, being firſt moderately ſeaſoned with ſalt.

34. To *make a Diſh of Meat with Herbs.*

Take Sives, Parſley, Thyme, Marjoram, & Roaſt three or four Eggs hard, and a quantity of Mutton-ſuet, Beef, or Lamb, chop them fine all together, and ſeaſon it with Cloves, Mace, Ginger, Sugar, and Cinamon, and a little Salt; then Fry them with a little ſweet butter.

35. To

35. To *make Cream of Eggs.*

Take one quart of Cream, and boyl it, then beat four whites of Eggs very well with two ſpoonfuls of Roſe-water; when the Cream is boyled enough, take it off the Fire, and when it is cool, ſtir in the Eggs with a little ſalt; then garniſh your Diſh with fine Sugar ſcraped thereon, and ſerve it always cold, for a cloſing diſh.

36. To *make a fine pudding in a Diſh.*

Take a penny white loaf, and pare off all the Cruſt, and ſlice it thin into a Diſh, with a quart of Cream, and let it boyl over a Chafing-diſh of Coals, till the bread be almoſt dry; then put in a piece of ſweet butter, and take it off, and let it ſtand in the Diſh till it be cold, then take the yolks of three Eggs, and the quantity of one with ſome Roſe-water, and Sugar, and ſtirring them all together, put it into another Diſh well butter'd, and bake it.

37. To

37. *To broyl Scollops.*

First boyl the *Scollops*, then take them out of the shells, and wash them, then slice them, and season them with Nutmeg, Ginger, and Cinamon, and put them into the bottom of your shells again with a little Butter, White-wine, Vinegar, and grated bread, let them be broyled on both sides; if they are sharp, they must have *Sugar* added to them, for the Fish is luscious, and sweet Naturally; therefore you may broyl them with Oyster-Liquor and Gravy, with dissolved Anchovies, minced Onions, and Thyme, with the juice of Limon in it.

38. *To boyl Wild-Ducks.*

First, half Roast them, then take them off, and put them in a shallow broad pan that will contain them, with a pint of Claret-Wine, and a pint of strong Broath, a dozen of Onions cut in halves, a Faggot or two of sweet Herbs, with a little whole Pepper, and some slices of Bacon; cover your Pan, and let them stove up, add gravy to part of the Liquor at least so much as will

will ſerve to Diſh them: Garniſh them with Bacon and Onions if you pleaſe.

39. *To make a Veniſon-Paſty.*

When you have powdered your Haunch of Veniſon, or the ſides of it, by taking away all the bones and Sinews, and the skin, or fat, ſeaſon it with Pepper and Salt only, beat it with your Rolling-pin, and proportion it for the Paſty, by taking away from one part, and adding to another, your Paſte being made with a peck of fine flower, and about three pound of butter, and twelve Eggs; work it up with cold water into as ſtiff a Paſte as you can, drive it forth for your Paſty, let it be as thick as a Mans Thumb, roul it up upon a Rolling-pin, and put under it a couple of ſheets of Cap-paper well flowered, then your white being already minced and beaten with water; proportion it upon the Paſty to the breadth and length of the Veniſon; then lay your Veniſon in the ſaid white, waſh it round with your Feather, and put on a border, ſeaſon your Veniſon on the top, and turn over your other Leaf of Paſte, ſo cloſe up your Paſty; then drive out another border for Garniſhing the

the ſides up to the top of the Paſty, ſo cloſe it together by the Rolling-pin, by Rolling it up and down by the ſides and ends; and when you have flouriſh'd your Garniſhing, and edg'd your Paſty, vent it at the top, ſet it in the Oven, and let it have four or five hours baking at the leaſt, and then draw it.

40. *To make a Damſon-Tart.*

Take Damſons, and ſeeth them in Wine, and ſtrain them with a little Cream, then boyl your ſtuff over the fire, till it be thick, and put thereto Sugar, Cinamon, and Ginger, but ſet it not in the Oven after, but let your Paſte be baked before.

41. *To Roaſt a Rabbet with Oyſters.*

Waſh your Rabbet, and dry it well, then take half a pint of Oyſters, waſh them, and wipe them clean one by one, and put them into the Rabbets belly; a couple of Onions ſhred, whole Pepper, large Mace, two or three ſprigs of Thyme, ſew up the belly; and for the ſauce, as uſual,

usual; the Liver and Parsley, and a hard Egg, shred them together, and beat some butter thick, put into the Dish, and serve it.

42. To *stew Collops of Beef.*

Take of the buttock of Beef thin slices, cross the grain of the Meat; then hack them, and fry them in sweet butter; and being fryed fine and brown, put them in a Pipkin with some strong broath, a little Claret-Wine, and some Nutmeg; stew it very tender, and half an hour before you Dish it, put to it some good Gravy, Elder-Vinegar, and a Clove or two; when you serve it, put some juice of Orange, and three or four slices on it, stew down the Gravy somewhat thick, and put unto it when you Dish it, some beaten butter.

43. To *make a Beef-pasty like Red-Deer.*

Take fresh Beef of the finest, without *Sinews* or *Suet*, and mince it as small as you can, and season it with *Salt* and Pepper, and put in two spoonfuls of Malmsey;

ſey; then take Lard, and cut it into ſmall pieces. and lay a layer of Lard, and a layer of Beef, and lay a ſhin of beef upon it like Veniſon, and ſo cloſe it up.

44. To *bake a Hare.*

Take the beſt of the Hare, minced and ſeaſoned with Pepper, Salt, and Mace; then make a proportion of the Head, or ſhoulders, as you make for an Hare-paſty, and lay in a layer of Fleſh, and a layer of Lard, and butter aloft, and beneath, and make a Gallentine for it in a ſaucer.

45. To *boyl a Salmon.*

Take as much water as will cover it, then take Roſemary, Thyme, and Winter-Savoury, and Salt; boyl all theſe very well, and then put in ſome Wine-Vinegar, and when your Salmon is boyled, let him remain in the ſame water always, untill you have occaſion to eat of it.

46. To

46. *To make an Oyster-pye.*

First, dry your Oysters, and then put them into your Coffin with some Butter, and whole large Mace, and so bake it; then take off the Lid, and fill it up with more Butter, putting some of the Liquor of the Oysters also thereunto; then season it well with Sugar, and serve it hot to the Table at the First Course.

47. *To Butter Eggs upon Toasts.*

Take twenty Eggs, beat them in a Dish with some Salt, and put Butter to them, then have two large Rolls, or fine Manchets, cut them in Toasts, and Toast them against the Fire, with a pound of fine sweet Butter, being finely butter'd in a fair clean Dish; put the Eggs on the Toasts, and Garnish your Dish with Pepper and Salt, otherwise half-boyl them in the shells, then Butter them, and serve them on Toasts, or Toasts about them.

48. *To make a Fricacie of Chickens.*

Scald three or four Chickens, and flea off the skin and Feathers together, put them in a little water; take half a pint of White-wine, and two or three whole Onions, ſome large Mace and Nutmeg tyed up in a Cloath, a bundle of ſweet-Herbs, and a little Salt; and put them all in a Pipkin cloſe covered; let them ſimper a quarter of an hour, then take ſix Yolks of Eggs, half a pound of ſweet Butter, four Anchovies diſſolved in a little Broath; ſhred your boyled Spice ſmall, take a quarter of a pound of Capers, and ſhred them very ſmall, put the Anchovies diſſolved into the Eggs and Butter, and Capers, and ſo ſtir it all together over a Chafing-diſh of Coals, till it begin to thicken, then take the Chicken out of the Broath, and put lear upon them; Serve them with Sippets, and Limon ſliced.

49. *To make an Eel-pye, with Oyſters.*

Waſh your Eels, and Gut them, and dry them well in a Cloath; to four good Eels allow a pint of Oyſters well waſhed, ſeaſon them with Pepper, Salt, and Nutmeg, and large Mace; put half a pound of Butter into the Pye, and half a Limon ſliced, ſo bake it; when it is drawn, take the Yolks of two Eggs, a couple of Anchovies diſſolved in a little White-Wine, with a quarter of a pound of freſh Butter, melt it, and mix all together, and make a lear of it, and put into the Pye.

50. *To make Puff-Paſte.*

Break two Eggs in three pints of Flower, make it with cold water, then roul it out pretty thick, and ſquare; then take ſo much Butter as Paſte, and divide your Butter in five pieces, that you may lay it on at five ſeveral times; roul your Paſte very broad, and break one part of the ſame Butter in little pieces all over your Paſte, then throw a handful of Flower ſlightly on, then fold up your Paſte, and beat it with

with a Rolling-pin, ſo roul it out again; thus do ſeveral times, and then make it up.

51. *To make Barley-Broath.*

Put your Barley into fair water, give it three qualms over the Fire, ſeparate the Waters, and put it into a Cullender, boyl it in a fourth water with a blade of Mace, and a Clove; and when it is boyled away, put in ſome Raiſins and Currans, and when the Fruit is boyled enough, take it off, and ſeaſon it with White-wine, Roſe-water, Butter, and Sugar, and a couple of Yolks of Eggs beaten with it.

52. *To bake a Pig.*

Take a good quantity of Clay, and having moulded it, ſtick your Pig, and Blood him well, and when he is warm, put him in your prepared Coffin of Clay, thick every where, with his Hair, Skin and all (his Entrails drawn, and Belly ſewed up again) then throw him into the Oven, or below the ſtock-hole under the Furnace, and there let him ſoak, turn him now and then when the Clay is hardened,

for twelve hours, and he is then ſufficiently baked; then take him, and break off the Clay, which eaſily parts, and he will have a fine criſpy Coat, and all the juice of the Pigg in your Diſh; remember but to put a few leaves of Sage, and a little ſalt in his Belly, and you need no other ſauce.

53. *A Grand Sallet.*

Take a quarter of a pound of Raiſins of the Sun, as many blanched Almonds, as many Capers, as many Olives, as much Samphire, as many pickled Cucumbers, a Limon ſhred, ſome pickled *French*-Beans, a wax Tree ſet in the middle of the Diſh, paſted to the Diſh; lay all their Quarters round the Diſh, (you may alſo mince the Fleſh of a Roaſted Hen, with Sturgeon, and Shrimps) and Garniſh the Diſh with cut Beans, and Turneps, in ſeveral Figures.

54. *To make a Sallet of a Cold Hen, or Pullet.*

Take a Hen, and Roaſt it, let it be cold, Carve up the Leggs, take the Fleſh and mince

mince it ſmall, ſhred a Limon, a little Parſley and Onions, an Apple, a little Pepper and Salt, with Oyl and Vinegar; Garniſh the Diſh with the Bones and Limon-peel, and ſo ſerve it.

55. To *boyl a* Capon, *Pullet, or* Chicken.

Boyl them in good Mutton-Broath, with Mace, a Faggot of ſweet Herbs, Sage, Spinage, Marygold-leaves and Flowers, white or green Endive, Burrage, Bugloſs, Parſley, and Sorrel; and ſerve it on Sippets.

56. To *Stew Ducks, the* French *Faſhion.*

Take the Duck, and half-Roaſt it, put half a ſcore Onions in the belly whole, ſome whole Pepper, a bundle of Thyme, and a little ſalt; when it is half-Roaſted, take it up, and ſlaſh it into pieces, put it between two Diſhes, and pierce the Gravy, mix ſome Claret-Wine with that Gravy, and a little ſliced Nutmeg, a couple of Anchovies, waſh them, and ſlit them, ſlice the Onions in the Ducks belly, cover

the Diſhes cloſe, ſo let them ſtew while enough; take ſome butter, beat it thick, and ſhred a Limon in it, and ſerve it: Garniſh your Diſh with the Limon-peel, and your Onions.

57. *To make a Florentine.*

Take the Kidney of a Loyn of Veal, or the Wing of a Capon, or the Legg of a Rabbit; mince any of theſe ſmall with the Kidney of a Loyn of Mutton, if it be not fat enough; then ſeaſon it with Cloves, Mace, Nutmegs, and Sugar, Cream, Currans, Eggs, and Roſe-water: mingle theſe four together, and put them into a Diſh between two ſheets of Paſte, then cloſe it, and cut the Paſte round by the brim of the Diſh; then cut it round about like Virginal-Keys, turn up one, and let the other lye; prick it, bake it, ſcrape on Sugar, and ſerve it.

58. *To make Curd-Cakes.*

Take a pint of Curd, four Eggs, take out two of the whites, put in ſome Sugar, a little Nutmeg, and a little Flower; ſtir them well together, and drop them in, and fry them with a little Butter.

50. *To*

59. To *Roaſt a Leg of Mutton, the* French *way.*

Take half a pound of Mutton, and a quarter of a pound of ſuet, ſeaſon it with ſweet Herbs, and a little Nutmeg, and two or three ſhallots; ſlice theſe very ſmall, and ſtuff the Mutton round; then take ſome of the beſt *Hackney* Turneps, and boyl them in Beef-broath very tender, then ſqueeze the water from them a little, ſet them in a Diſh under the Leg of Mutton, when it is half roaſted, and ſo let the gravy drop into them; and when the Meat is Roaſted, ſerve them in the Diſh with it, with a little freſh butter and Vinegar: Garniſh your Diſh with ſliced Onions and Parſley, and ſome of the Turneps ſlic'd.

60. To *Stew a Carp.*

Take a Living Carp, and knock him on the Head, open him in the Belly, take heed you break not the Gall, pour in a little Vinegar, and waſh out all the blood, ſtir it about with your hand, and keep the blood ſafe; then put as much White-Wine into a pan or skillet, as will almoſt

cover, and ſet it on the Fire; put to it an Onion cut in the middle, a Clove, or leſs of Garlick, a Race of Ginger ſhred, a Nutmeg quartered, a Faggot, or bundle of ſweet Herbs, and three or four Anchovies; your Carp being cut out, and rubbed all over with ſalt, when the Wine (into which you may put in a little water) doth boyl, put the Carp in, and cover him cloſe, and let him ſtew up about a quarter of an hour, then put in the Blood and Vinegar, with a little butter; ſo Diſh up the Carp, and let the ſpawn, Milt, and Revet be laid upon it; the Liquor that boyled him, with the butter is the beſt ſauce, and is to be eaten as broath: Garniſh the Diſh with Limons and grated bread.

61. To *make Marrow-puddings.*

Take a pound of the beſt Jordan-Almonds, blanch them, beat them fine in a ſtone, or wooden Mortar (not in braſs) with a little Roſe-water, take a pound of fine powder-ſugar, a penny-loaf grated, Nutmeg grated, a pint of Cream, the Marrow of two Marrow-bones, two grains of Amber-griece; mingle them all toge-

ther

ther with a little ſalt, fill the skins, and boyl them gently, as before.

62. To *make a Sack-poſſet.*

Set a Gallon of Milk on the Fire, with whole Cinamon and large Mace; when it boyls, ſtir in a half, or whole pound of Naples-bisket grated very ſmall, keeping it ſtirring till it boyls; then beat eight Eggs together, caſting of the whites away; beat them well with a Ladle-full of Milk, then take the Milk off the Fire, and ſtir in the Eggs; then put it on again, but keep it ſtirring, for fear of Curdling; then make ready a pint of Sack, warming it upon the Coals, with a little Roſe-water: ſeaſon your Milk with *S*ugar, and pour it into the *S*ack in a large baſon, and ſtir it apace; then throw on a good deal of beaten Cinamon, and ſo ſerve it up.

63. To *Haſh a Rabbit.*

When your Rabbit is waſh'd, you muſt take the Fleſh from the bones, and mince it ſmall; then put to it a little ſtrong broath and Vinegar, an Onion or two, with a grated Nutmeg, and let it ſtew up

together; then mince a handful of boyled Parſley green, with a Limon cut like Dice, and a few Barberries; put it into the Haſh, and toaſt it all together; and when it is enough, put a Ladle-ful of ſweet butter to it, and Diſh it upon the Chines, and Garniſh it with Limons.

64. To *make a Freſh Cheeſe.*

Take ſome New Milk. or Cream, and a Race of Cinamon, ſcald it; then take it off the Fire, ſweeten it with fine *Sugar*, then take a ſpoonful of Runnet to two quarts of Milk, ſet it by, and keep it cloſe covered, and ſo let it ſtand; when the Cheeſe comes, ſtrew a little fine *Sugar* and grated Nutmeg, and ſerve it in with *Sippets*, *Sops* in *Sack*, or Muskadine.

65. To *make an Artichoak-pye.*

Take the bottoms of ſix Artichoaks, boyled very tender, put them in a Diſh, and ſome Vinegar over them, ſeaſon them with Ginger and *Sugar*, a little Mace whole, and put them in a Coffin of Paſte; when you lay them in, lay ſome Marrow and Dates ſliced, and a few Raiſins of the *Sun*,

Sun in the bottom, with good ſtore of butter; when it is half baked, take a Gill of *Sack*, being boyled firſt with *Sugar*, and a peel of Orange: Put it into the Pye, and ſet it in the Oven again, till you uſe it.

66. To *make Marrow-paſties.*

Shred the Marrow and Apples together, and put a little ſugar to them; put them into puff-paſte, and fry them in a pan with freſh butter, and ſerve them up to the Table, with a little white ſugar ſtrewed on it.

67. To *make Green Sauce.*

Take a good handful of *Sorrel*, beat it in a Mortar with Pippins pared, and quartered, with a little Vinegar and *Sugar*; put it into *Saucers*.

Or take *Sorrel*, beat it, and ſtamp it well in a Mortar, ſqueeze out the juice of it, and put thereto a little Vinegar, ſugar, and two hard Eggs minced ſmall, a little Nutmeg grated, and butter; ſet this upon the Coals, till it is hot, and pour it into the Diſh on the ſippets: This is ſauce for Hen, and Veal, and Bacon.

68. To

68. *To pickle Oysters.*

Take a quart of the largest great Oysters with the Liquor, wash them clean, and wipe them, add to them a pint of fair water, with half a pint of White-Wine-Vinegar, half an Ounce of whole Pepper, an handful of Salt, a quarter of an Ounce of large Mace, with the Liquor of the Oysters strained; put all together in a pipkin over a soft Fire, let them simper together a quarter of an hour; when the Oysters are enough, take them up, and put them into a little fair water and Vinegar, till they be cold, the pickle boyling a quarter of an hour after the Oysters are taken up; both being cold, put them up together: When you Use them, Garnish the Dish with Barberries, and Limons, and a little Mace and Pepper, and pour in some of the Pickle.

69. *To make* Scotch *Collops, of Veal.*

Cut out your Fillet into very broad slices, fat and lean, not to thick: Take eight Eggs, beat them very well with a little

little Salt, grate a whole Nutmeg, take a handful of Thyme, and ſtrip it; then take a pound of Sauſages, half a pint of ſtewing Oyſters of the largeſt, waſh and cleanſe them from the gravel, then half-fry your Veal with ſweet Butter, then put in your Sauſages and Oyſters; then take a quarter of a pound of Capers, ſhred them very ſmall, with three Anchovies diſſolved in White-wine and fair water, ſo put in your Eggs, ſhred Capers and Anchovies, Butter and Spice, and mingle them, and ſtrew them in the pan upon the Veal and Oyſters, ſerve it with Sippets, with a little freſh Butter and Vinegar, with Limons ſliced, and Barberries, with a little Salt. You muſt have a care to keep the Meat ſtirring, leſt the Eggs curdle with the heat of the Fire.

70. *To make a rare White-Pot.*

Take three pints of Cream, whole Cinamon, a little ſliced Nutmeg; ſet on the Cream and Spice, and ſcald it, take a penny-loaf, and ſlice it very thin, take a couple of Marrow-bones, lay the Marrow ſliced on the bottom of the Diſh, upon the Marrow lay the Bread, then lay Raiſins

ſins of the Sun over the Bread, and lay Marrow again, as before: To the three pints of ſcalded Cream add nine Yolks of Eggs well beaten with Roſe-water; ſweeten the Cream with white Sugar, and take out the whole Cinamon, and beat the Cream and Eggs well, fill up a broad ſhallow Baſon, and bake it, when it is enough, ſcrape fine Sugar on it, and ſtick it with red and white Muſcadoes, and ſo ſerve it.

71. To *make a very fine Cuſtard.*

Take a quart of Cream, and boyl it with whole Spice; then beat the Yolks of ten Eggs, and five whites, mingle them with a little Cream, and when your Cream is almoſt cold, put your Eggs into it, and ſtir them very well, then ſweeten it, and put out your Cuſtard into a deep Diſh, and bake it; then ſerve it in with *French* Comfits ſtrewed on it.

72. To *make minc'd Pyes of an Eel.*

Take a freſh Eel, flea it, and cut off the Fiſh from the Bones, mince it ſmall; then

then pare two or three Wardens, or Pears, mince of them as much as of the Eel, temper them together, and ſeaſon them with Ginger, Pepper, Cloves, Mace, Salt, a little Sanders, ſome Currans, Raiſins, Pruans, Dates, Verjuice, Butter, and Roſe-water.

73. To *bake Rabbits, to be eaten cold.*

When your Rabbits are par-boyled, take out all the Bones you can well take out, and Lard them, then ſeaſon them with Pepper, Salt, Cloves, Mace, and Nutmegs, with a good quantity of Savoury, and forc'd Meat; then put them into your prepared Coffin, put in Butter, and cloſe your Pye, bake it, and when it is cold, fill it with Clarified Butter.

74. To *bake a Joll of Ling in a* Pye.

Let your Ling be almoſt boyled, and then ſeaſon it with Pepper only, (the skin being firſt taken off, ſtrew the bottom of your prepared Coffin with an Onion or two minced ſmall; cloſe your Pye, and bake

bake it; then take the Yolks and Whites of about a dozen Eggs, not boyled altogether hard; mince them ſmall with your Knife, and put them into drawn Butter, toſs them together; then draw your Pye, and pour in this Lear of Eggs all over, and ſhake it together, ſo put on your Lid, and Diſh your Pye.

75. To *Bake a* Turkey.

Boyl and Lard your Turkey, when it is par-boyled, ſeaſon it with Pepper, ſalt, and a little Cloves and Mace; then put him into your prepared Coffin, lay on Butter, and cloſe it; put the Head on the top with your Garniſh, then bake it, and fill it with Clarified Butter when it is cold.

76. To *Roaſt Calves-Feet.*

Firſt, boyl them tender, and blanch them, and being cold, Lard them thick with ſmall Lard, then ſpit them on a ſmall ſpit, and Roaſt them; ſerve them with ſauce made of Vinegar, Cinamon, Sugar, and Butter.

77. To

77. To *bake a Gooſe.*

Break the bones of your Gooſe, and par-boyl him, then ſeaſon him with Pepper and Salt, and a little Cloves and Mace; if pou pleaſe, you may bake a Rabbit or two with it, becauſe your ſtubble-Geeſe are very Fat, and your Rabbits dry, you need not Lard either; bake it in good hot butter-paſte.

78. To *make Apple-pyes, to Fry.*

Take about twelve Pippins, pare them, cut them, and almoſt cover them with water, and almoſt a pound of Sugar, let them boyl on a gentle Fire cloſe covered, with a ſtick of Cinamon, minced Orange-peel, a little Dill ſeed beaten, and Roſe-water, when this is cold and ſtiff, make them into little Paſties, with rich Paſte, and ſo fry them.

79. *To make a Rare* Dutch *Pudding.*

Take a pound and a half of Freſh Beef, all Lean, with a pound and a quarter of Beef-ſuet, both ſliced very ſmall; then take a ſtale half-penny loaf, and grate it, a handful of Sage, a little Winter-ſavoury, and a little Thyme; ſhred theſe very ſmall, take four Eggs, half a pint of Cream, a few Cloves, Nutmegs, Mace, and Pepper finely beaten; mingle them all together very well with a little Salt, roul it all up together in a green Colwort-Leaf, and then tye it up hard in a Linnen Cloath: Garniſh your Diſh with grated bread, and ſerve it up with Muſtard in Saucers.

80. *To make Sauſages.*

Take Pork, more Lean than Fat, mince it exceeding ſmall together; then take part of the Fleak of Pork, which is the Suet, in pieces, about the bigneſs of the top of your Finger, ſeaſon each apart, with Sage minced, good ſtore of Pepper and Salt, with ſome Cloves and Mace

mixt

mixt in the seasoning each of them; then take small Sheeps-guts, and cleanse them, (some use Capons-guts) and fill them with your Funnel; always putting some of the fleak between the minced; if you have it ready, you may sprinkle a little Sack on the top of the Sausage-meat, and it will make it fill the better.

81. *To stew Beef in Gobbets, the* French *Fashion.*

Take a Flank of Beef, or any part but the Leg, cut it into slices, or Gobbets as big as Pullets-Eggs, with some Gobbets of Fat, and boyl it in a Pot or Pipkin with some fair Spring-water, scum it clean, and after it hath boyled an hour, put to it Carrots, Parsnips, Turnips, great Onions, some Salt, Cloves, Mace, and whole Pepper; cover it close, and stew it, till be very tender; and half an hour before its ready put into it some pick'd Thyme, Parsley, Winter-savoury, Sweet Marjoram, Sorrel, and Spinage (being a little bruised with the back of a Ladle) with some Claret-Wine: Then Dish it on fine Sippets, and serve it to the Table hot; Garnish it with Grapes, Barberries,

or

or Gooſeberries: Or elſe uſe Spices, the bottoms of boyled Artichoaks put into beaten Butter, and grated Nutmeg, garniſhed with Barberries.

82. *To boyl a Capon, or Chicken with Sugar-peaſe.*

When the Cods be but young, ſtring them, and pick off the Husks; then take two or three handfuls, and put them into a Pipkin, with half a pound of ſweet Butter, a quarter of a pint of fair water, groſs Pepper, Salt, Mace, and ſome Sallet-Oyl; ſtew them till they be very tender, and ſtrain to them three or four yolks of Eggs, with ſix ſpoonfuls of Sack.

83. *To boyl Perches.*

Let your Liquor boyl, and your pan be ſeaſoned with a little White-wine, a couple of Onions cut in halves, a bunch of ſweet Herbs, and a little white Pepper; boyl them up very quick, and flea them on both ſides, and Diſh them upon Sippets: Then take a little White-wine, Gravy, and Vinegar, with a grated Nutmeg, and almoſt boyl it over a Chafing-diſh,

dish, then pour sweet Butter over it; Garnish it with Barberries, and sliced Limons.

84. To *boyl Eels.*

Cut the Eels, and stew them; when they are half done, beat a little Ale with Vinegar, and put into the Liquor, with some Parsley and sweet Herbs; Dish them, and serve them up in their broath with a little salt.

85. *A* Turkish *Dish of Meat.*

Take an inter-larded piece of Beef, cut into thin slices, and put it into a pot with a close cover, or stewing-pan; then put into it a good quantity of clean pick'd Rice, skin it very well, and put into it a quantity of whole Pepper, two or three whole Onions, and let it boyl very well, and take out the Onions, and Dish it on Sippets; the thicker it is, the better.

86. *To boyl a Chine of Beef powdered.*

Take either a Chine, Rump, Surloin, Brisket, Rib, Flank, Buttock, or Fillet of Beef, and give them in *Summer*, a weeks powdering, in Winter a Fortnight, you may ſtuff them, or let them be plain; if you ſtuff them, do it with all manner of ſweet Herbs, with Fat Beef minced, and ſome Nutmeg; ſerve them on Brewis, with Roots, or Cabbage boyled in Milk, with beaten Butter.

87. *To make a Haſh of a Capon or Pullet.*

Take a Capon, or Partridge, or Hen, and Roaſt them, and being cold, mince the Brains and Wings very fine, and tear the Legs and Rumps whole, to be Carbonado'd; then put ſome ſtrong Mutton-broath, or good Gravy, grated Nutmeg, a great Onion and ſalt; then ſtew them in a large Earthen Pipkin, or ſauce-pan, ſtew the Rumps and Legs in the ſame ſtrong Broath in another pipkin; then take ſome light *French* Bread chipt, and cover

cover the bottom of the Diſh, ſteep the bread in the ſame broath, or good Mutton Gravy, then pour the Haſh on the ſteeped bread, lay the Legs, and the Rump on the Haſh with ſome fryed Oyſters, ſliced Limon, and Limon-peel, the juice of an Orange, and Yolks of Eggs ſtrained, and beaten butter; Garniſh the Diſh with carved Oranges, Limons, *&c.* Thus you may Haſh any kind of Fowl.

88. To *Dreſs a Cods-Head.*

Cut off the Cods-Head beyond the Gills, that you may have part of the body with it, boyl it in water and ſalt, to which you may add half a pint of Vinegar, the Head muſt be little more than covered: Before you put it into the Cauldron, take a quart of the biggeſt, cleaneſt Oyſters, and a bunch of ſweet Herbs and Onions, and put them into the mouth of the Head, and with a pack-thread bind the Jaws faſt, you muſt be ſure to pick it, and waſh it very clean: When it is boyled enough, take it up, and ſet it a drying over a Chafing-diſh of Coals; then take the Oyſter-Liquor, four Anchovies, and a ſliced Onion; put to them a quar-

ter

ter of a pint of White-wine, and ſweet butter, and melt them together, and pour it on the Cods-Head; ſtick all, or moſt of the Oyſters upon the Head, or where they will enter, and Garniſh it over with them; grate on a little Nutmeg, and ſend it ſmoaking up; garniſh the brims of the Diſh with Limon, and ſliced Bay-leaves.

89. *To boyl Widgeons, or Teal.*

Par-boyl your Widgeons, or Teal, and then ſtick whole Cloves in their breaſts, put into their bellies a little Winter-ſavory, or Parſley; boyl them in a Pipkin by themſelves, thicken it with Toaſts, ſeaſon it with Verjuice, ſugar, and a little Pepper; Garniſh your Diſh with Barberries, and Pruans, and ſo ſerve them.

90. *To make a Veal-pye.*

When your Paſte is raiſed, then cut your Leg of Veal into pieces, and ſeaſon it with Pepper, Nutmeg, and ſalt, with ſome whole large Mace, and ſo lay it into your prepared Coffin, with good ſtore of Raiſins of the ſun, and Currans, and fill

it

it up with ſweet Butter; then cloſe it, and ſet it in the Oven, and when bak'd, ſerve it hot.

91. *To make fry'd Puddings.*

Take grated bread, Currans, Cloves, and Mace, with Beef-ſuet, and Sugar, and one Yolk of an Egg beaten; mix all well together, and make them into flat bowls, then fry them in Beef-ſuet, and garniſh your Diſh with Sugar; ſerve them always at the Firſt Courſe.

92. *To bake a Breaſt of Veal.*

Firſt, par-boyl it, and take out the long bones, and ſo lay it in a Diſh in Vinegar two or three hours; then take it out, and ſeaſon it with Pepper and Salt, and ſo lay it into a thin fine Paſte, with good ſtore of fine ſweet Herbs, finely chopt, and good ſtore of Butter, or Marrow; then bake it, then put in ſome juice of Oranges, and Sugar, and ſerve it hot.

93. *To make a Paſte for all manner of Tarts.*

Take very ſweet butter, and put into fair water, and make it boyl on the Fire; then take the fineſt Flower you can get, and mix them well together, till it come to a Paſte, and ſo raiſe it; but if you doubt that it will not be ſtiff enough, then you may mix ſome Yolks of Eggs with it, as you temper all your ſtuff together.

94. *To make a baked Pudding.*

Grate a penny-loaf, and put thereto more ſuet than bread minc'd ſmall, with ſome Nutmeg and Sugar, and two Yolks of Eggs, tempering it only with Roſe-water: Then butter a little Pewter Diſh in the bottom, and put your ſtuff after it is well tempered, thereinto, then bake it; when 'tis bak'd, ſtir it up from the bottom of the Diſh, and ſo turn the under-ſide uppermoſt, then ſtrew ſome Sugar upon it, and upon the brims of the Diſh, and ſerve it firſt to the Table.

95. To *boyl Sparrows, Larks, or other ſmall Birds.*

Take a Ladle-ful of ſtrong Mutton-broath, a little whole Mace, and a hand-ful of Parſley; put in a little Winter-Savoury, ſeaſon it with Verjuice, Sugar, and a little Pepper; thicken it with a ſpoonful of Cream, and the Yolk of an Egg.

96. To *boyl a Capon with Aſparagus.*

Boyl your Capon, or Chicken in fair water, and ſome ſalt, then put in their bellies a little Mace, chopped Parſley, and ſweet Butter; being boyled, ſerve them on Sippets, and put a little of the Broath on them: Then have a bundle or two of Aſparagus boyled, put in beaten butter, and ſerve it on your Capon, or Chicken.

97. To *boyl a Chicken, or Capon in white broath.*

Firſt, boyl the Capon in water and ſalt, then three pints of ſtrong Broath, and a quart of White-wine, and ſtew it in a Pipkin with a quarter of a pound of Dates, half a pound of fine Sugar, four or five blades of large Mace, the Marrow of three Marrow-bones, a handful of white Endive; ſtew theſe in a Pipkin very leiſurely, that it may but only ſimper, then being finely ſtewed, and the broath well taſted, ſtrain the Yolks of ten Eggs with ſome of the broath, before you Diſh up the Capons, or Chickens, put the Eggs into the broath, and keep it ſtirring, that it may not Curdle, give it a walm, and ſet it from the Fire; the Fowls being Diſh'd up, put on the Broath, and Garniſh the Meat with Dates, Marrow, large Mace, Endive, Preſerved Barberries, Oranges, boyled Skirrets, Pomgranats, and Kernels. Make a Lear of Almond-Paſte, and Grape-Verjuice.

98. To

98. To *boyl a Capon with Sage and Parſley.*

Firſt, boyl it in water and ſalt, then boyl ſome Parſley, Sage, two or three Eggs hard, and chop them; then have a few thin ſlices of fine Manchet, and ſtew all together, but break not the ſlices of bread; ſtew them with ſome of the broath wherein the Capon boyls, ſome large Mace, Butter, a little White-wine, or Vinegar, with a few Barberries, or Grapes; Diſh up the Chickens on the ſauce, and run them over with ſweet Butter and Limon cut like Dice, the peel being cut like ſmall Lard, and boyl a little peel with the Chickens.

99. To *Fry Rabbets with ſweet Sauce.*

Cut your Rabbet in pieces, waſh it, and dry it well in a Cloath, take ſome freſh Butter, and fry the Rabbet in it; when your Rabbet is little more than half Fryed, take ſome ſlices ſhred very ſmall, a quarter of a pint of Cream, the Yolks of a couple of Eggs, ſome grated Nutmeg and

ſalt; when the Rabbet is enough, put them into the Pan, and ſtir them all together; take a little Vinegar, freſh Butter, and Sugar, melt it together, and ſo ſerve it with Sippets, the Diſh Garniſhed with Flowers, *&c.*

100. To *make a* French *pottage, called Skink.*

Take a leg of Beef, and chop it into three pieces, then boyl it in a Pot with three Pottles of Spring-water, a few Cloves, Mace, and whole Pepper; after the Pot is ſcumm'd put in a bundle of ſweet Marjoram, Roſemary, Thyme, Winter-ſavoury, Sage, and Parſley, bound up hard, ſome ſalt, and two or three great Onions whole, then about an hour before Dinner put in three Marrow-bones, and thicken it with ſome ſtrained Oatmeal, or Manchet ſliced and ſteeped with ſome Gravy, ſtrong Broath, or ſome of the Pottage; then a little before you Diſh up the Skink, put into it a little fine powder of Saffron, and give it a walm or two; Diſh it on large ſlices of *French* Bread, and Diſh the Marrow-bones on them in a fine clean large Diſh; then have two or three Man-

Manchets cut into Toasts, and being finely Toasted; lay on the Knuckle of Beef in the middle of the Dish, the Marrowbones round about it, and the Toasts round about the Dish brim: serve it hot.

101. *To make Gooseberry-Cream.*

First boyl, or you may preserve your Gooseberries; then having a clear Cream boyled up, and seasoned with Old Cinamon, Nutmeg, Mace, Sugar, Rose-water, and Eggs; Dish it up, and when it is cold, take up the Gooseberries with a pin, and stick them on in rounds as thick as they can lye upon the said Cream, Garnishing your Dish with them, and strew them over with the finest sugar, and serve them up.

102. *To make a Quaking-pudding.*

Take a Quart of sweet Cream, and near half a pound of Almonds blanched, and finely beaten; then strain them, and boyl it with large Mace, and season it with Rose-water and Sugar; then take ten Eggs, and five of their whites well beaten with small Cinamon, and two or three spoon-

fuls of Flower; mix all well together, and make it of the thickneſs of Batter, then wet a Cloath, and rub it with Flower, tying your Pudding round therein, and boyl it in Beef-broath two hours; take it up, and put a little White-wine, Sugar, and ſliced Nutmeg into a Pewter Diſh, and put your pudding into it; then ſcrape ſome ſugar on the brims, and ſerve it.

103. To *make clouted Cream.*

Take New Milk, and ſet it on the Fire from Morning till Evening, but let it not boyl: And this is called, my Lady *Youngs* Clouted Cream.

104. To *Souce a young pig.*

Scald a Young Pig, boyl it in fair water, and White-wine, put thereto ſome Bay-leaves, whole Ginger, and Nutmegs quartered, and a few whole Cloves, boyl it throughly, and let it lye in the ſame Broath in an Earthen pot.

105. *To make* Polonian *Sauſages.*

Take the Fillets of a Hog, chop them very ſmall with a handful of Red Sage, ſeaſon it hot with Ginger and Pepper; then put it into a great Sheeps-gut, let it lye three Nights in Brine, then boyl it, and hang it up in a Chimney where Fire is uſually kept: Theſe Sauſages will keep a whole Year, and are good for Sallets, or to garniſh boyled Meats, or to reliſh a Glaſs of Wine.

106. *To keep Salmon freſh a whole Moneth.*

Firſt, boyl your Salmon as uſually, then put it into an Earthen Pot, and cover it in good white Vinegar, putting thereto a branch of Roſemary, and keep it very cloſe covered; and ſo you may keep it, that it will retain its perfect taſte and delicacy for a Moneth, or more.

107. To *make tender and delicate Brawn.*

Put a Collar of Brawn in a Kettle of water, and ſet it into an Oven, as for Houſhold-bread, cover it cloſe, and let it ſtand as long as you would do bread, and it will be very excellent Brawn.

108. To *keep powdered Beef, after it is boyled, ſweet five or ſix weeks.*

When your Beef hath been powdered about a fortnight, then boyl it well, and dry it with a Cloath, and wrap it in dry Cloaths, and put it into ſome Pot or Veſſel, and keep it cloſe from the Air, and it will keep ſound two or three Moneths.

109. To *Dreſs Neats-Tongues and Udders.*

When they are boyled enough in Beef-broath, and ſcumm'd, you muſt have your Turneps ready boyled, cut in pieces, and ſoak'd in butter, or elſe Colliflowers and Carrots, or all of them; then put the Tur-

Turneps all over the bottom of a large Diſh, then ſlice out the Tongues, and lay the ſides one againſt another, ſlice the Udders, and lay them between, oppoſite to one another; Garniſh the Colliflowers all over them, and the Carrots up and down between the Colliflowers, with Barberries and Parſley on the brim of the Diſh.

110. To *make Pannado.*

Take a quart of Running-water, and put it on the Fire in a Skillet, then cut a light Roul of bread in ſlices, about the bigneſs of a groat, and as thin as Wafers, lay it on a Diſh on a few Coals, then put it into the water, with two handful of Currans pick'd, and waſh'd, a little large Mace, when it is enough, ſeaſon it with Sugar and Roſe-water.

111. To *make Liver-Puddings.*

Take the Guts of a Young Hog, waſh them very clean, and lay them two or three days in water, take the Liver of the ſame Hog, and boyl it, till it will grate, then grate it very ſmall and fine, take to the weight of the Liver almoſt the weight of

of Beef-ſuet, ſeaſon it with ſalt, Cloves, Mace, and Nutmeg finely beaten, a penny-loaf grated, a pound of the beſt white Sugar, two pound of good Currans, a pint of good Cream, a quarter of a pint of Roſe-water, three Eggs; mix all together to ſuch a thickneſs, that you may fill the Guts, then prick them, and put them into boyling water, and keep an even Fire for half a quarter of an hour; then take them up, and lay them upon ſtraw; you muſt have a care not to tye them too hard, nor too ſlack, leſt they break in boyling.

112. *To make a rare Citron-Pudding.*

Take a penny-loaf, and grate it, a pint and half of Cream, half a dozen of Eggs, one Nutmeg ſliced, a little ſalt, an Ounce of Candyed Citron ſliced ſmall, a little Candyed Orange-peel ſliced, three Ounces of Sugar; put theſe into a wooden Diſh well Flowred, and covered with a Cloath, and when the water boyleth put it in, boyl it well, and ſerve it up with Roſe-water and Sugar, and ſtick it with Wafers, or blanched Almonds.

113. *To bake a Gammon of Bacon.*

Water it freſh enough, and ſeeth it as tender as you may to handle it, then pull off the skin, and ſtuff it with Parſley, Penny-royal, Thyme, Marjoram, Marigolds, Camomile, and Sage, chop them ſmall, and ſeaſon them with Salt and Pepper, Cloves, ſmall Raiſins, Yolks of Eggs hard Roaſted; then ſtuff your Bacon, and cut off the Lean of the Bacon, and mince it ſmall, and take a handful of your ſtuffing, and mingle it with three or four Yolks of raw Eggs, and then put it upon the Gammon, then cloſe on the skin again, and cloſe it in Paſte.

114. *To boyl Woodcocks, or Snites.*

Boyl them either in ſtrong Broath, or in water and Salt, and being boyled, take out the Guts, and chop them ſmall with the Liver, put to it ſome Crumbs of grated White-bread, a little Cock-broath, and ſome large Mace; ſtew them together with ſome Gravy, then diſſolve the Yolks of two Eggs in ſome Wine-Vinegar, and a little grated Nutmeg; and when

when you are ready to Diſh it, put in the Eggs, and ſtir it among the Sauce with a little Butter; Diſh them on Sippets, and run the Sauce over them with ſome beaten Butter and Capers, a Limon minced ſmall, Barberries, or whole pickled Grapes.

115. *To make a made Diſh of Apples.*

Put on your Skillet of water with ſome Currans a boyling, then pare about a dozen of Pippins, and cut them from the Core into the ſaid water; when they are boyled tender pour them into a Cullender, when the water is drained from them, put them into a Diſh, and ſeaſon them, (but ſtay till they are cold, leſt it melt your Sugar) with Sugar, Roſe-water, Cinamon, and Carraway-ſeeds, then roul out two ſheets of Paſte, put one into the Diſh bottom, and all over the brims, then lay the Apples in the bottom round and high, wet it round, and cover it with the other ſheet, cloſe it, and carve it about the brims of the Diſh as you pleaſe, prick it, and bake it, ſcrape Sugar upon it, and ſerve it up.

116. *To make a Fool.*

Set two quarts of Cream over the Fire, let it boyl, then take the Yolks of twelve Eggs, and beat them very well, with three or four ſpoonfuls of cold Cream, and then ſtrain the Eggs in the Skillet of hot Cream, ſtirring it all the time to keep it from burning, then ſet it on the Fire, and let it boyl a little while, but keep it ſtill ſtirring, for fear of burning, then take it off, and let it ſtand and cool, then take two or three ſpoonfuls of Sack, and put it in the Diſh, with four or five Sippets, ſet the Diſh and Sippets a drying, and when they be dry that they hang to the Diſh, ſweeten the Cream, and pour it into the Diſh ſoftly, becauſe the Sippets ſhall not riſe up; this will make three Diſhes: When it is cold it is fit to be eaten.

117. *To boyl Flounders, or Jacks, the beſt way.*

Take a pint of White-wine, the Tops of Young Thyme and Roſemary, a little whole Mace, a little whole Pepper, ſeaſoned

seasoned with Verjuice, salt, and a piece of sweet Butter, and so serve it; you may do Fish in the same Liquor three or four times.

118. *To boyl a Haunch of Venison.*

First, stuff your Venison with a handful of sweet Herbs, and Parsley minced, with a little Beef-suet, and Yolks of Eggs boyled hard; season your stuffing with Pepper, Nutmeg, Ginger, and Salt; put your Haunch of Venison a boyling, being powdered before; then boyl up three or four Colliflowers in strong Broath, and a little Milk: When they are boyled, put them forth into a Pipkin, add to them drawn Butter, and keep them warm by the Fire; then boyl up two or three handfuls of Spinage in the same Liquor, when it is boyled up, pour out part of the broath, and put in a little Vinegar, and a Ladleful of sweet butter, and a grated Nutmeg; your Dish being ready with Sippets in the bottom, put on the Spinage round toward your Dish side; then take up the Venison, being boyled, and put it into the middle of your Dish, and put in your Colliflowers all

all over it, pour on your ſweet butter over your Colliflowers, and Garniſh it with Barberries, and the brims of the Diſh with green Parſley minced; Cabbage is as good, done in the ſame manner as Colliflowers.

119. *To make an Eel-Pye.*

Waſh, flea, and cut your Eeels in pieces, put to them a handful of ſweet Herbs, Parſley minced with an Onion, ſeaſon them with Pepper, Salt, Cloves, Mace, and Nutmeg, and having your Coffin made of good Paſte, put them in, and ſtrew over them two handfuls of Currans, and a Limon cut in ſlices, then put on butter and cloſe the Pye; when it is baked, put in at the Funnel a little ſweet butter, White-wine, and Vinegar, beaten up with a couple of Yolks of Eggs.

120. *To bake ſteaks, the* French *way.*

Seaſon the Steaks with Pepper, Nutmeg, and Salt lightly, and ſet them by; then take a piece of the leaneſt of the Leg of Mutton, and mince it ſmall with ſome Beef-Suet,

Suet, and a few ſweet Herbs, as Tops of Thyme, and Penny-royal, grated bread, Yolks of Eggs, ſweet Cream, Raiſins of the Sun, *&c.* work all theſe together, and work it into little Balls, or Puddings, put them into a deep round Pye on the ſteaks; then put to them ſome Butter, and ſprinkle it with Verjuice, cloſe it up, and bake it, when it is enough cut it up, and Liquor it with a juice of two or three Oranges or Limons.

121. To *make a Warden, or Pear-Pye.*

Bake your Wardens, or Pears in an Oven, with a little water, and good quantity of Sugar, let your Pot be covered with a piece of dough; let them not be fully baked by a quarter of an hour; when they are cold, make a high Coffin, and put them in whole, adding to them ſome Cloves, whole Cinamon, Sugar, with ſome of the Liquor in the Pot, ſo bake it.

122. *To ſtew a Trout.*

Take a large Trout fair trim'd, and waſh it, put it into a deep pewter Diſh; then take half a pint of ſweet Wine, with a lump of butter; and a little whole Mace, Parſley, Savoury, and Thyme; mince them all ſmall, and put them into the belly of the Trout, and ſo let it ſtew a quarter of an hour; then mince the Yolk of an hard Egg, and ſtrew it on the Trout, lay the Herbs about it, ſcrape on Sugar, and ſerve it up.

123. *To make ſauce for Pigeons.*

Melt ſome Vinegar and Butter together, and Roaſt ſome Parſley in the Belly of the Fowl; or elſe Vine-leaves, and mix it well together, and pour it on.

124. *A General ſauce for Wild-Fowl.*

The moſt General ſauce for Wild Fowl Roaſted; as Ducks, Mallard, Widgeon, Teal, Snipe, Shel-drake, Plovers, Puets, and the like, is only Muſtard and Vinegar, or Muſtard and Verjuice mixed together;

together; or elſe an Onion, Water, and Pepper.

125. To *Roaſt a Cows Udder.*

Boyl your Udder very well, then ſtick it thick all over with Cloves, and when it is cold ſpit it, and lay it on the Fire, and baſte it very well with ſweet butter, and when it is ſufficiently Roaſted and brown, draw it from the Fire, and put ſome Vinegar and Butter on a Chafing-diſh of Coals, and crumb in ſome white-bread, and boyl it till it be thick, then put to it good ſtore of Sugar and Cinamon, and putting it into a clean Diſh, lay the Cows Udder therein, and trim the ſides of the Diſh with ſugar, and ſo ſerve it.

126. To *make a Spinage-Tart.*

Take of good Spinage, and boyl it in White-wine, till it be very ſoft as Pap; then take it, and ſtrain it well into a Pewter Diſh, not leaving any unſtrain'd: Put to it Roſe-water, good ſtore of Sugar, Cinamon, & Roſe-water, and boyl it till it be as thick as Marmalade, then let it cool, and afterward fill your Coffin, and adorn it, and ſerve it; it will be of a green colour.

127. To

127. To *make a* Tart *of Rice.*

Pick your Rice very clean, and boyl it in ſweet Cream till it be very ſoft, then let it ſtand and cool; put to it good ſtore of Cinamon and Sugar, and the Yolks of a couple of Eggs, and ſome Currans; ſtir and beat all well together: then having made a Coffin as for other Tarts, put your Rice therein, and ſpread it all over the Coffin, and break many ſmall bits of ſweet butter upon it all over, and ſcrape ſome Sugar over it, then cover the Tart and bake it, and ſerve it as other Tarts.

128. To *make a Codling-*Tart.

Take Green Apples from the Tree, and coddle them in ſcalding-water without breaking, then peel the thin skin from them, and ſo divide them into halves, and cut out the cores, and ſo lay them into the Coffin, and do as in a Pippin-Tart, and before you cover it when the Sugar is caſt in, ſprinkle good ſtore of Roſe-water on it, then cloſe it, and do as in the Pippin-Tart.

129. *To make a Pippin-Tart.*

Take of the faireſt Pippins, and pare them, and then divide them juſt in halves, and take out the cores clean; then roul the Coffin flat, and raiſe off a ſmall verge, of an Inch or more high; lay the Pippins with the hollow ſide down-ward, cloſe one to another, then put in a few Cloves, a ſtick of Cinamon broken, and a little piece of Butter; cover all clean over with Sugar, and ſo cover the Coffin, and bake it as other Tarts; when it is bak'd boyl ſome Butter and Roſe-water together, and annoint the Lid all over with it, then ſcrape, or ſtrew on it good ſtore of Sugar, and ſo ſet it in the Oven again, and then ſerve it up.

130. *To make a Cherry-Tart.*

Take the faireſt Cherries you can get, and pick them clean from Leaves and ſtalks, then ſpread out your Coffin, as for your Pippin-Tart, and cover the bottom with Sugar, then cover the Sugar all over with Cherries, then cover theſe Cherries with Sugar, ſome ſticks of Cinamon, and

and a few Cloves; then lay in more Cherries, Sugar, Cinamon, and Cloves, till the Coffin be filled up, then cover it, and bake it in all points as the Codling, and Pippin Tarts, and ſo ſerve it. In the ſame manner you may make Tarts of Gooſeberries, Strawberries, Rasberries, Bilberries, or any other Berry whatſoever.

131. *To make a Minc'd-Pye.*

Take a Leg of Mutton, or a Neats-Tongue, and par-boyl it well, the Mutton being cut from the Bone, then put to it three pound of the beſt Mutton-ſuet ſhred very ſmall; then ſpread it abroad, and ſeaſon it with ſalt, Cloves, and Mace; then put in good ſtore of Currans, great Raiſins, and Pruans, clean waſhed, and pick'd, a few Dates ſliced, and ſome Orange-peels ſliced; then being all well mixt together, put it into a Coffin, or many Coffins, and ſo bake them, and when they are ſerved up open the Lids, and ſtrew ſtore of Sugar on the Top of the Meat, and upon the Lid.

132. To *make a* Calves-Foot-Pye.

Boyl your Calves-Feet very well, and then pick all the Meat from the Bones, when it is cold, ſhred it as ſmall as you can, and ſeaſon it with Cloves and Mace, and put in good ſtore of Currans, Raiſins, and Pruans; then put it into the Coffin with good ſtore of ſweet Butter, then break in whole ſticks of Cinamon, and a Nutmeg ſliced, and ſeaſon it with Salt; then cloſe up the Coffin, and only leave a vent-hole, put in ſome Liquor made of Verjuice, Sugar, Cinamon, and Butter boyled together, and ſo ſerve it.

133. To *make a* Tanſey.

Take a Certain Number of Eggs, according to the bigneſs of your Frying-pan, and break them into a Diſh, taking away the white of every third Egg, then with a ſpoon take away the little white Chicken-knots, that ſtick upon the Yolks, then with a little Cream beat them very well together; then take of green Wheat-blades, Violet-leaves, Strawberry-leaves, Spinage,

Spinage, and Succory, of each a like quantity, and a few Walnut-Tree-buds; chop and beat all these very well, and then strain out the juice; mix it then with a little more Cream, put to it the Eggs, and stir all well together; then put in a few crumbs of fine grated bread, Cinamon, Nutmeg, and Salt; then put some sweet butter into a Frying-pan, and as soon as it is melted, put in the Tansey, and Fry it brown without burning, and with a Dish turn it in the Pan as Occasion shall serve, strew good store of Sugar on it, and serve it up.

134. *To Stew a Pike.*

After your Pike is Drest and opened in the Back, and laid flat, as if it were to Fry, then lay it in a large Dish, put to it White-wine to cover it; set it on the Coals, and let it boyl gently, if scum arise, take it off, then put to it Currans, Sugar, Cinamon, Barberries, as many Pruans as will Garnish the Dish, then cover it close with another Dish, and let it stew till the Fruit be soft, and the Pike enough, then put to it a good piece of sweet Butter; with your Scummer take

up the Fiſh, and lay it in a Diſh with Sippets; then take a couple of Yolks only, of Eggs, and beat them together well with a ſpoonful of Cream, and as ſoon as the Pike is taken out, put it into the broath, and ſtir it exceedingly to keep it from curdling, then pour the broath upon the Pike, and trim the ſides of the Diſh with Sugar, Pruans, and Barberries, with ſlices of Oranges and Limons, and ſo ſerve it up.

135. *To Roaſt Veniſon.*

If you will Roaſt any Veniſon, after you have waſh'd it, and cleanſed all the Blood from it, you muſt ſtick it with Cloves all over on the out-ſide, and if it be lean, lard it either with Mutton, or Pork-lard, but Mutton is beſt; then Spit it, and Roaſt it by a ſoaking Fire, then take Vinegar, Crumbs of Bread, and ſome of the Gravy that comes from the Veniſon, and boyl them well in a Diſh, then ſeaſon it with Sugar, Cinamon, Ginger, and Salt, and ſerve the Veniſon upon the Sauce when it is Roaſted enough.

136. To *Roast a piece of Fresh Sturgeon.*

Stop your Sturgeon with Cloves, then Spit it, and let it Roast very leisurely, basting it continually, which will take away the hardness; when it is enough, serve it upon Venison-sauce, with Salt only thrown upon it.

137. To *boyl a Gurnet, or Roch.*

First, draw your Fish, and then either split it, or Joynt it open in the Back, and Truss it round; then wash it clean, and boyl it in water and Salt, with a bunch of sweet Herbs; then take it up into a large Dish, and pour into it Verjuice, Nutmeg, Butter, and Pepper; after it hath stewed a little, thicken it with the Yolks of Eggs; then remove it hot into another Dish, and Garnish it with slices of Oranges and Limons, Barberries, Pruans, and Sugar, and so serve it up,

138. To *make a* Carp-Pye.

After you have drawn, waſh'd, and ſcalded a fair large Carp, ſeaſon it with Pepper, Salt, and Nutmeg, and then put it into a Coffin, with good ſtore of ſweet Butter, and then caſt on Raiſins of the Sun, the juice of Limons, and ſome ſlices of Orange-peels, and then ſprinkling on a little Vinegar, cloſe it up, and bake it.

139. To *make a* Chicken-Pye.

After you have Truſt your Chickens, then break their Legs and Breaſt-bones, and raiſe your Cruſt of the beſt Paſte, lay them in a Coffin cloſe together, with their Bodies full of Butter, then lay upon them, and underneath them, Currans, great Reaſons, Pruans, Cinamon, Sugar, whole Mace and Sugar, whole Mace and Salt; then cover all with good ſtore of Butter, and ſo bake it; then pour into it White-wine, Roſe-water, Sugar, Cinamon, and Vinegar mixt together, with the Yolks of two or three Eggs beaten amongſt it, and ſo ſerve it.

140. To

140. To *make Almond Cream.*

Take blanched Almonds beaten in a Mortar very ſmall, putting in now and then one ſpoonful of Cream to keep them from Oyling; then boyl as much Cream as you pleaſe with your beaten Almonds, together with a blade of Mace, and ſeaſon it with Sugar; then ſtrain it, and ſtir it, till it be almoſt cold, and then let it ſtand till you ſerve it, and then Garniſh your Diſh with fine Sugar ſcraped thereon.

141. To *make an Almond-pudding.*

Take two pound of blanched Almonds, and beat them ſmall, put thereto ſome Roſe-water and Amber-greece often thereinto as you beat them; then ſeaſon them with Nutmeg and Sugar, and mix them with grated bread, Beef-ſuet, and two Eggs, and ſo put it into a Diſh, tying a Cloath round about, and ſo boyl it.

142. *To make Water-gruel.*

Take a Pottle of Water, a handful of great Oatmeal, pickt and beat in a Mortar, put it in boyling; when it is half enough, put to it two handfuls of Currans waſhed, a Faggot or two of ſweet Herbs, four or five blades of large Mace, and a little ſliced Nutmeg, let a Grain of Musk be infuſed a while in it; when it is enough, ſeaſon it with Sugar and Roſe-water, and put to it a little drawn Butter.

143. *To Stew Sauſages.*

Boyl them a little in fair water and Salt, and for ſauce, boyl ſome Currans alone; when they be almoſt tender, pour out the water from them, and put to them a little White-wine, Butter, and Sugar, and ſo ſerve it.

144. *To make a Rare Fricacie.*

Take Young Rabbits, Young Chickens, or a Rack of Lamb, being cut one Rib from another, and par-boyl either of theſe

these well in a Frying-pan with a little water and salt, then pour the water and salt from it, and Fry it with sweet Butter, and make sauce with three Yolks of Eggs beaten well, with six spoonfuls of Verjuice, and a little shred Parsley, with some sliced Nutmeg, and scalded Gooseberries; when it is fryed, pour in the sauce all over the Meat, and so let it thicken a little in the pan; then lay it in a Dish with the sauce, and serve it.

145. To *make an Oatmeal-pudding.*

Take a pint of Milk, and put to it a pint of large, or midling Oatmeal, let it stand on the Fire till it be scalding hot, then let it stand by, and soak about half an hour, then pick a few sweet Herbs, and shred them, and put in half a pound of Currans, and half a pound of *Suet*, and about two spoonfuls of *Sugar*, and three or four Eggs; these put into a bag, and boyled, do make a very good Pudding.

146. To *make an Almond-Tart.*

Raiſe an Excellent good Paſte with ſix Corners, an Inch deep; then take ſome blanched Almonds very finely beaten with Roſe-water, take a pound of *S*ugar to a pound of Almonds, ſome grated Nutmeg, a little Cream, with ſtrain'd *S*pinage, as much as will colour the Almonds green, ſo bake it with a gentle heat in an Oven, not ſhutting the Door; draw it, and ſtick it with Candyed Orange, Citron, and put in red and white Muskadine.

147. To *boyl Pigeons with Rice.*

Boyl your Pigeons in Mutton-broath, putting ſweet-Herbs in their bellies; then take a little Rice, and boyl it in Cream with a little whole Mace, ſeaſon it with *S*ugar, lay it thick on their breaſts, wringing alſo the juice of a Limon upon them, and ſo ſerve them.

148. *To Barrel up Oyſters.*

Open your Oyſters, take the Liquor from them, and mix it with a reaſonable quantity of the beſt White-wine-Vinegar, with a little Salt and Pepper; then put the Oyſters into a ſmall Barrel, and fill them up with this Pickle, and this will keep them ſix Moneths ſweet and good, and with their Natural taſte.

149. *To make a Cowſlip-Tart.*

Take the bloſſoms of a Gallon of Cowſlips, mince them exceeding ſmall, and beat them in a Mortar, put to them a handful or two of grated Naple-Bisket, and about a pint and a half of Cream; boyl them a little on the Fire, then take them off, and beat in eight Eggs with a little Cream; if it do not thicken, put it on the Fire till it doth, gently, but take heed it Curdles not; ſeaſon it with Sugar, Roſe-water, and a little Salt: Bake it in a Diſh, or little open Tarts; it is beſt to let your Cream be cold before you ſtir in the Eggs.

150. *To bake a Calves-Head, to be eaten cold.*

You muſt half-boyl a fair Calves-head, then take out all the Bones on both ſides, and ſeaſon it with the afore-ſaid ſeaſoning, and lard it with Bacon, and a little Limon-peel; then having a Coffin large enough, not very high, nor very thick, but make it four-ſquare, lay on ſome ſheets of Lard on the top, and butter; when it is bak'd, and cold, fill it with Clarified Butter.

151. *To make Pear-Puddings.*

Take a cold Capon, or half roaſted, which is much better; then take ſuet ſhred very ſmall, the Meat and Suet together, with half as much grated bread, two ſpoonfuls of Flower, Nutmegs, Cloves, and Mace; Sugar as much as you pleaſe, half a pound of Currans, the Yolks of two Eggs, and the white of one, and as much Cream as will make it up into a ſtiff Paſte: Then make it up in Faſhion of a Pear, a ſtick of Cinamon for the ſtalk, and the Head of a Clove.

152. To *make a Hotch-pot.*

Take a piece of Brisket Beef, a piece of Mutton, a Knuckle of Veal, a good Cullender of Pot-herbs, half minced Carrots, Onions, and Cabbage a little broken; boyl all these together untill they be very thick.

153. To *make a* Tart *of Medlars.*

Take Medlars that are rotten, then scrape them, and set them upon a Chafing-dish of Coals, season them with the Yolks of Eggs, Sugar, Cinamon, and Ginger; let it boyl well, and lay it on Paste, scrape on Sugar, and serve it.

154. To *make a Limon* Caudle.

Take a pint of White-wine, and a pint of Water, and let it boyl, put to it half a Manchet, cut as thin and small as you can, put it in with some large Mace; then beat the Yolks of two Eggs to thicken it, then squeeze in the juice of half a dozen Limons, and season it with Sugar and Rose-water.

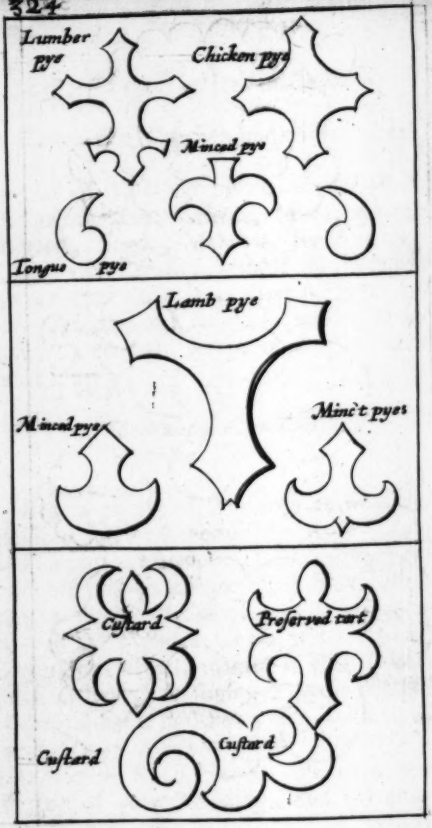
155. To

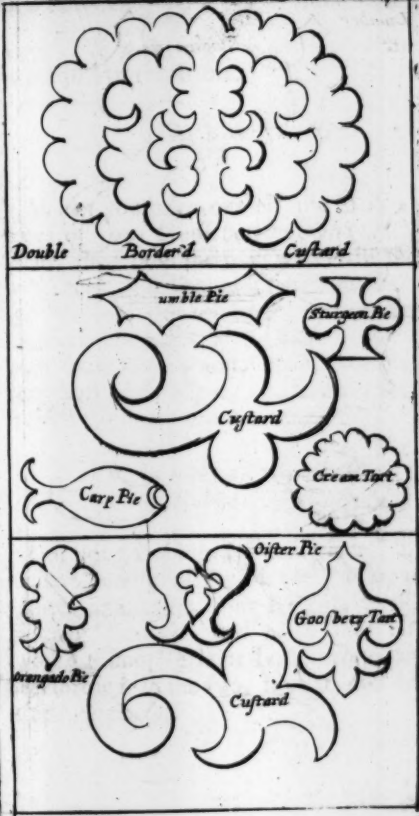
155. To *make an* Italian *Pudding*.

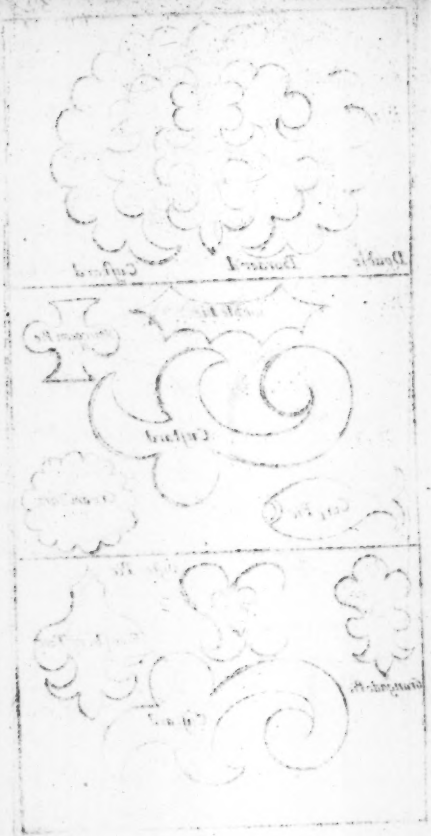
Take a fine Manchet, and cut it in ſmall pieces like Dice, then put to it half a pound of Beef-ſuet minced ſmall, Raiſins of the Sun, Cloves, Mace, Dates minced, Sugar, Marrow, Roſe-water, Eggs, and Cream; mingle all theſe together, put them in a butter'd Diſh; in leſs than an hour it will be well baked, when its enough, ſcrape on Sugar, and ſerve it up.

156. To *make a rare Pudding, to be bak'd or Boyled.*

Beat a pound of Almonds as ſmall as poſſible, put to them ſome Roſe-water and Cream as oft as you beat them; then take one pound of Beef-ſuet finely minced, with five Yolks of Eggs, and but two of their whites; make it as thin as Batter for Fritters, mixing it with ſweet thick Cream, ſeaſoning it with beaten Mace, Sugar, and Salt; then ſet it into the Oven in a Pewter Diſh, and when you draw it forth, ſtrew ſome Sugar on the top of your Pudding, and Garniſh your


Lumber pye
Chicken pye
Minced pye
Tongue pye
Lamb pye
Minced pyes
Minc't pyes
Custard
Preserved tart
Custard
Custard


Double Border'd Custard
umble Pie
Sturgeon Pie
Custard
Carp Pie
Cream Tart
Oister Pie
Gooseberry Tart
rangado Pie
Custard



your Diſh with Sugar, and ſerve it always firſt to the Table.

157. To *make a Gooſeberry-Cuſtard.*

When you have cut off the ſticks and Eyes of your Gooſeberries, and waſh'd them, then boyl them in water till they will break in a ſpoon, then ſtrain them, and beat half a dozen Eggs, and ſtir them together upon a Chafing-diſh of Coals with ſome Roſe water, then ſweeten it very well with Sugar, and always ſerve it cold.

158. To *make a Fricacie of Rabbits.*

Cut your Rabbits in ſmall pieces, and mince a handful of Thyme and Parſley together, and ſeaſon your Rabbits with a Nutmeg, Pepper, and Salt; then take two Eggs and Verjuice beaten together, then throw it in the Pan, ſtick it, and diſh it up in Sippets.

159. To

159. To *make Cracknels.*

Take five or six pints of the finest wheat-flower you can get, to which put in a spoonful, and not more, of good Yeast; then mingle it well with Butter, Cream, and Rose-water, and Sugar finely beaten, and working it well into Paste, make it into what form you please, and bake it.

160. To *make Pancakes.*

Put eight Eggs to two quarts of Flower, casting by four whites, season it with Cinamon, Nutmeg, Ginger, Cloves, Mace, and Salt; then make it up into a strong Batter with Milk, beat it well together, and put in half a pint of Sack, make it so thin, that it may run in your pan how you please, put your Pan on the Fire with a little Butter, or suet, when it is very hot, take a Cloath and wipe it out, so make your Pan very clean, then put in your Batter, and run it very thin, supply it with little bits of Butter, so toss it often, and bake it crisp and brown.

161. To *make a Junket.*

Take Ewes, or Goats-Milk, or for want of theſe, Cows-Milk, and put it over the Fire to warm, then put in a little Runnet, then pour it out into a Diſh, and let it cool, then ſtrew on ſome Cinamon and *Sugar*, and take ſome of your Cream and lay on it, ſcrape on ſugar, and ſerve it.

162. To *make Excellent Marrow-Spinage-paſties.*

Take *S*pinage, and chop it a little, then boyl it till it be tender; then make the beſt Rich light Cruſt you can, and roul it out, and put a little of your *S*pinage into it, and Currans, and *S*ugar, and ſtore of lump of Marrow; clap the Paſte over this to make little Paſties deep within, and Fry them with Clarified Butter.

163. To *make a* Pine-*Apple*-Tart.

Beat two handfuls of Pine-Apples with a prick'd Quince, and the pulp of two or three Pippins; when they are well beaten, put to them half a pint of Cream, a little Roſe

Rose-water, the Yolks of six Eggs, with a handful of sugar, if it be thick, add a litte more Cream to it, so having your thin low Coffins for it dryed, fill them up, and bake them; you may Garnish them with Orangado, or Lozenges of Sugar-Plate, or what else you please.

164. To *dry Neats-Tongues.*

Take Bay-salt beaten very fine, and Salt-petre, of each alike, and rub over your Tongues very well with that, and cover all over with it, and as it wastes put on more, and when they are very hard and stiff they are enough; then roul them in Bran, and dry them before a soft Fire, and before you boyl them, let them lye one Night in Pump-water, and boyl them in the same water.

165. To *stew Birds, the Lady Butlers way.*

Take small Birds, pick them, and cut off their Legs, Fry them in sweet Butter, lay them in a Cloath to dry up the Butter; then take Oysters, and mince them, and put them in a Dish, put to them white-wine

wine and Cinamon, put in the Birds with Cloves, Mace, and Pepper; let all these stew together covered till they be enough, then put into it some Sugar, and some toasted Manchet, and put it in the Dish, and so serve it up to the Table.

166. *To make a sweet-Pye, with Lamb-stones, and Sweetbreads, and Sugar.*

Slit the Lamb-stones in the middle, and skin them, wash the Sweetbreads, both of Veal and Lamb, and wipe them very dry; take the Lambs Liver, and shred it very small, take the Udder of a Leg of Veal, and slice it; season all with a little Salt, Nutmeg, Mace, and Cloves beaten, and some whole Pepper; then shred two or three Pippins and Candyed Limon and Orange-peel, half a dozen Dates sliced, with Currans, white Sugar, a few Carraway-seeds, a quarter of a pint of Verjuice, and as much Rose-water, a couple of Eggs; roul up all these together in little Puddings, or Balls made green with the juice of Spinage, and lay a Pudding, then a sweetbread, then a Lamb-stone, till you have filled up the Pye, and cover

cover them with Dates, and ſliced Citron, and Limon. When it is drawn, take two or three Yolks of Eggs, beat them, and put to them a little freſh Butter, white-wine and Sugar, and pour it into the Tunnel, ſcrape ſome Loaf-ſugar upon the Lid, and ſo ſerve it.

167. *To Roaſt Eels.*

When they are flea'd, cut them to pieces, about three or four Inches long, dry them, and put them into a Diſh, mince a little Thyme, two Onions, a piece of Limon-peel, a little Pepper beaten ſmall, Nutmeg, Mace, and Salt; when it is cut exceeding ſmall, ſtrew it on the Eels, with the Yolks of two or three Eggs; then having a ſmall Spit (or elſe a couple of ſquare ſticks made for that purpoſe) ſpit through the Eels croſs-ways, and put a Bay-leaf between every piece of Eel, and tying the ſticks on a ſpit, let them Roaſt; you need not turn them conſtantly, but let them ſtand till they hiſs, or are brown, and ſo do them on the other ſide, and put the Diſh (in which the Eel was with the ſeaſoning) underneath, to ſave the Gravy; baſte it over with ſweet butter. The

ſauce

ſauce muſt be a little Claret-wine, ſome minced Oyſters, with their Liquor, a grated Nutmeg, and an Onion, with ſweet Butter, and ſo ſerve it.

168. *To boyl Cocks, or Larks.*

Boyl them with the Guts in them in ſtrong Broath, or fair water, and three or four whole Onions, large Mace, and Salt; the Cocks being boyled, make ſauce with ſome thin ſlices of Manchet, or grated bread in another Pipkin, and ſome of the broath where the Fowl, or the Cocks boyl; then put to it ſome butter, and the Guts and Liver minced; then take ſome Yolks of Eggs diſſolved with Vinegar, and ſome grated Nutmeg; put it to the other Ingredients, ſtir them together, and diſh the Fowl in fine Sippets, pour on the ſauce with ſome ſliced Limon, Grapes, or Barberries, and run it over with beaten butter.

169. *To broyl Oyſters.*

Take the biggeſt Oyſters you can get, then take a little minced Thyme, grated Nutmeg, grated bread, and a little ſalt, put

put this to the Oysters; then get some of the largest bottom-shells, and place them on the Grid-Iron, and put two or three Oysters in each shell, then put some butter to them, and let them simper on the Fire till the Liquor bubbles low, supplying it still with butter; when they are crisp, feed them with White-wine and a little of their own Liquor, with a little grated bread, Nutmeg, and minced Thyme, but as much only as to relish it, so let it boyl up again; then add some drawn butter to thicken them, and Dish them.

170. To *pickle Oysters.*

Take a quart of the largest great Oysters with the Liquor, wash them clean, and wipe them, add to them a pint of fair water, and half a pint of White-wine-Vinegar, half an Ounce of whole Pepper, an handful of salt, a quarter of an Ounce of large Mace, with the Liquor of the Oysters strained; put all together in a Pipkin over a soft Fire, let them simper together a quarter of an hour; when the Oysters are enough, take them up, and put them into a little fair water and Vinegar till they be cold; let the Pickle boyl a

a quarter of an hour after the Oyſters are taken up; both being cold, put them up together: When you uſe them, Garniſh the Diſh with Barberries and Limon, and a little of the Mace and Pepper, and pour in ſome of the Pickle.

171. To *make* Engliſh *Pottage.*

Make it with Beef, Mutton, and Veal, putting in ſome Oatmeal, and good Pot-Herbs, as Parſley, Sorrel, Violet-leaves, and a very little Thyme, and ſweet Marjoram, ſcarce to be taſted, and ſome Marigold-leaves at laſt; you may begin to boyl it over-Night, and let it ſtand warm all Night, and make an end of boyling it next Morning; it is good to put into the Pot at firſt twenty or thirty Corns of whole Pepper.

172. To *ſtew Beef.*

Take very good Beef, and ſlice it very thin, and beat it with the back of a knife, put to it the Gravy of ſome Meat, and ſome Wine, and ſtrong broath, ſweet Herbs a quantity; let it ſtew till be very tender, ſeaſon it to your liking; and varniſh

nish your Dish with Marygold-flowers, or Barberries.

173. *To make Excellent Minced-Pyes.*

Par-boyl Neats-Tongues, then peel and hash them with as much as they weigh of Beef-suet and stoned Raisins, and pickt Currans; chop all exceeding small, that it be like Pap; employ therein at least an hour more than Ordinarily is used, then mingle a very little sugar with them, and a little Wine, and thrust in up and down some thin slices of green Candyed Citron-peel; and put this into Coffins of fine, light, well reared Crust; half an hours baking will be enough: If you strew a few Carraway Comfits on the top, it will not be amiss.

174. *To Pickle Roast-beef, Chine, or Surloin.*

Stuff any of the afore-said Beef with Penny-royal, or other sweet Herbs, or Parsley minced small, and some salt; prick in here and there a few whole Cloves, and Roast it; then take Claret-wine, wine-Vinegar,

Vinegar, whole Pepper, Rosemary, Bays, and Thyme bound up close in a bundle, and boyled in some Claret-wine, and wine-Vinegar; make the pickle, and put some Salt to it, and pack it up in a Birrel that will but just hold it, put the pickle to it, close it on the Head, and keep it for your Use.

175. To *make a double*-Tart.

Peel Codlings tenderly boyled, cut them in halves, and fill your Tart; put into it a quarter of a hundred of Codlings, a pound and half of Sugar, a few Cloves, and a little Cinamon; close up the Coffin and bake it. When it comes out, cut off the lid, and having a Lid cut in flowers ready, lay it on, and Garnish it with Preserves of Damsons, Rasberries, Apricots, and Cherries, and place a Preserved Quince in the middle, and strew it with Sugar-biskets.

176. To *make a Warden, or* Pear-Pye.

Bake your Wardens, or Pears in an Oven, with a little water, and good quan-

quantity of Sugar; let your pot be covered with a piece of Dough, let them not be fully baked by a quarter of an hour; when they are cold, make a high Coffin, and put them in whole, adding to them some Cloves, whole Cinamon, Sugar, with some of the Liquor they were baked in, so bake it.

177. To *bake a* Pig, *Court-Fashion.*

Flea a small Young Pig, cut it in quarters, or in smaller pieces, season it with Pepper, Ginger, and Salt, lay it into a fit Coffin, strip, and mince small a handful of Parsley, six sprigs of Winter-savoury, strew it on the Meat in the Pye, and strew upon that the Yolks of three or four hard Eggs minced, and lay upon them five or six blades of Mace, a handful of Clusters of Barberries, a handful of Currans well washt and pickt, a little Sugar, half a pound of sweet Butter, or more; close your Pye, and set it in an Oven as hot as for Manchet, and in three hours it will be well baked; draw it forth, and put in half a pound of Sugar, being warmed upon the Fire, pour it all over the

the Meat, and put on the Pye-lid again, ſcrape on Sugar, and ſerve it hot to the Table.

178. *To make a Pudding of Hogs-Liver.*

Boyl your Liver, and grate it, put to it more grated bread than Liver, with as much fine Flower, as of either, put twelve Eggs, to the value of a Gallon of this mixture, with about two pound of Beef-ſuet minced ſmall, and a pound and half of Currans, half a quarter of a pint of Roſe-water, a good quantity of Cloves and Mace, Nutmeg, Cinamon, and Ginger, all minced very ſmall; mix all theſe with ſweet Milk and Cream, and let it be no thicker than Fritter-Batter; To fill your Hogs-guts, you make it with the Maw, fit to be eaten hot at Table; in your knitting, or tying the Guts, you muſt remember to give them three or four Inches ſcope: In your putting them into boyling-water, you muſt handle them round, to bring the Meat equal to all parts of the Gut; they will ask about half an hours boyling, the boyling muſt be ſober, if the wind riſe in them, you muſt be ready to

prick them, or elſe they will flye, and burſt in pieces.

179. *Olives of Beef ſtewed and Roaſted.*

Take a Buttock of Beef, and cut ſome of it into thin ſlices as broad as your hand, then hack them with the back of a knife, Lard them with ſmall Lard, and ſeaſon them with Pepper, Salt, and Nutmeg; then make a farſing with ſome ſweet herbs, Thyme, Onions, the Yolks of hard Eggs, Beef-ſuet, or Lard, all minced, ſome Salt, Barberries, Grapes, or Gooſeberries; ſeaſon it with the former Spices lightly, and work it up together; then lay it on the ſlices, and roul them up round with ſome Caul of Veal, Beef, or Mutton, bake them in a Diſh in the Oven, or Roaſt them; then put them in a Pipkin with ſome butter and Saffron, or none; blow off the Fat from the Gravy, and put it to them, with ſome Artichoaks, Potato, or Skirrets blanched, being firſt boyled, a little Claret-wine, and ſerve them on Sippets, with ſome ſlic'd Orange, Limon, Barberries, Grapes, or Gooſeberries.

180. To *make a* French-*Barley-Posset.*

Put two quarts of Milk to half a pound of *French*-Barley, boyl it small till it is enough; when the Milk is almost boyled away, put to it three pints of good Cream, let it boyl together a quarter of an hour; then sweeten it, and put in Mace and Cinamon in the beginning when you first put in your Cream; when you have done so, take White-wine a pint, or Sack and White-wine together, of each half a pint, sweeten it as you love it, with *S*ugar, pour in all the Cream, but leave your Barley behind in the skillet; this will make an Excellent Posset, nothing else but a tender Curd to the bottom; let it stand on the Coals half a quarter of an hour.

181. To *bake chucks of Veal.*

Par-boyl two pound of the lean Flesh of a Leg of Veal, mince it as small as grated Bread, with four pound of Beef-suet; then season it with Biskay, Dates, and Carraways, and some Rose-water, Sugar, Raisins of the Sun, and Currans,

Cloves, Mace, Nutmegs, and Cinamon, mingle them altogether, fill your Pyes, and bake them.

182. *How to Stew a Mallard.*

Roaſt your Mallard half enough, then take it up, and cut it in little pieces; then put it into a Diſh with the Gravy, and a piece of freſh Butter, and a handful of Parſley chopt ſmall, with two or three Onions, and a Cabbage-Lettuce; let them ſtew one hour, then ſeaſon it with Pepper and Salt, and a little Verjuice, and ſo ſerve it.

183. *To Stew a Rabbit.*

Half-Roaſt it, then take it off the Spit, and cut it into little pieces, and put it into a Diſh with the Gravy, and as much Liquor as will cover it; then put in a piece of freſh Butter, and ſome powder and Ginger, Pepper and ſalt, two or three Pippins minced ſmall; let theſe ſtew an hour, and Diſh them upon Sippets, and ſerve it.

184. *To make a Pigeon-Pye.*

Truſs your Pigeons to bake, and ſet them, and Lard the one half of them with Bacon, mince a few ſweet herbs and Parſley with a little Beef-ſuet, the Yolks of hard Eggs, and an Onion or two, ſeaſon it with Salt, beaten Pepper, Cloves, Mace, and Nutmeg; work it up with a piece of butter, and ſtuff the bellies of the Pigeons, ſeaſon them with Salt and Pepper, as before: Take alſo as many Lamb-ſtones ſeaſoned as before, with ſix Collops of Bacon, the ſalt drawn out; then make a round Coffin and put in your Pigeons, and if you will, put in Lamb-ſtones and ſweetbreads, and ſome Artichoak-bottoms, or other dry Meat to ſoak up the Juice, becauſe the Pye will be very ſweet, and full of it; then put a little White-wine beaten up with the Yolk of an Egg, when it comes out of the Oven, and ſo ſerve it.

185. To *Stew a Fillet of Beef, the* Italian *Fashion.*

Take a Young tender Fillet of Beef, and take away all the skins and Sinews clean from it, put to it some good White-wine in a Boul, wash it, and crush it well in the Wine; then strew upon it a little Pepper, and as much salt as will season it; mingle them very well, and put to it as much Wine as will cover it, lay a Trencher upon it to keep it down in a close pan, with a weight on it, and let it steep two Nights and a Day; then take it out, and put it into a Pipkin with some good Beef-broath, but none of the pickle to it, but only Beef-broath, and that sweet, and not salt; cover it close, and set it on the Embers, then put to it a few whole Cloves and Mace, and let it stew till it be enough; it will be very tender, and of an Excellent Taste: Serve it with the same broath as much as will cover it.

186. To *boyl a Capon, or Chicken with ſeveral Compoſitions.*

You muſt take off the skin whole, but leave on the Legs, Wings, and Head; mince the Body with ſome Beef-ſuet, or Lard, put to it ſome ſweet Herbs minced, and ſeaſon it with Cloves, Mace, Pepper, Salt, two or three Eggs, Grapes, Gooſeberries or Barberries, bits of Potato or Muſhromes; in the Winter, with Sugar, Currans, and Pruans: Fill the skin, prick it up, and ſtew it between two Diſhes, with large Mace, and ſtrong broath, pieces of Artichoaks, Cardones, or Aſparagus and Marrow; being finely ſtewed, ſerve it on Carved Sippets, and run it over with beaten butter, Limon ſliced, and ſcrape on Sugar.

187. To *broyl a Leg of Pork.*

Cut your Pork into ſlices very thin, having firſt taken off the skinny part of the Fillet, then hack it with the back of your Knife, then mince ſome Thyme and Sage exceeding ſmall, and mingle it with Pepper and Salt, and therewith ſeaſon your

Collops, and then lay them on the Grid-Iron; when they are enough, make ſauce for them with Butter, Vinegar, Muſtard, and Sugar, and ſo ſerve them.

188. *To make a Fricacie of Patridges.*

After you have Truſſed your Patridges, Roaſt them till they are almoſt enough, and then cut them to pieces; then having chopped an Onion very ſmall, fry them therewith; then put to them half a pint of Gravy, two or three Anchovies, a little bread grated, ſome drawn butter, and the Yolks of two or three Eggs beaten up with a little White-wine; let them boyl till they come to be pretty thick, and ſo Diſh them up.

189. *To bake Calves-Feet.*

You muſt ſeaſon them with Pepper, Salt, and Currans, and then bake them in a Pye; when they are baked, take the Yolks of three or four Eggs, and beat them with Verjuice, or Vinegar, Sugar, and grated Nutmeg; put it into your Pye, then ſcrape on Sugar, and ſo ſerve it.

190. *To*

190. *To Fry Neats-Tongues.*

First, boyl them, and after blanch them, and then cut them into thin ſlices; ſeaſon them with Nutmeg, Sugar, Cinamon, put to them the Yolks of raw Eggs, and a Limon cut into little ſquare pieces, then Fry them in ſpoonfuls with ſweet butter; make your ſauce with White-wine, Sugar, and Butter, heat it hot, and pour it on your Tongues, ſcrape Sugar on it, and ſerve it.

191. *To Roaſt a Hare.*

When you Caſe your Hare, do not cut off his hinder Legs, or Ears, but hack one Leg through another, and ſo alſo cut a hole through one Ear, and put it through the other, and ſo Roaſt him; make your Sauce with the Liver of the Hare boyled, and minced ſmall with a little Marjoram, Thyme, and Winter-Savoury, and the Yolks of thre or four hard Eggs, with a little Bacon and Beef-ſuet; boyl this all up with Water and Vinegar, and then grate a little Nutmeg, and put to it ſome ſweet butter, and a little Sugar; Diſh your

Hare, and ſerve it. This may alſo ſerve for Rabbits.

192. *To Roaſt a Shoulder of Mutton with Oyſters.*

Par-boyl your Oyſters, then mince Winter-ſavoury, Thyme, Parſley, and the Yolks of five or ſix hard Eggs, hard boyled; add to theſe a half-penny loaf of grated bread, and three or four Yolks of Eggs; mingle all theſe together with your Hands, when you have Spitted your Mutton, make holes in it as big as you think convenient; put in your Oyſters, with the other Ingredients, about twenty five, or thirty Oyſters will be enough, let it Roaſt indifferent long, then take the remainder of a quart of Oyſters, for you muſt have ſo many in all, and put them into a deep Diſh with Claret-wine, two or three Onions cut in halves, and two or three Anchovies; put all this in the Dripping-pan under your Mutton, and ſave your Gravy, and when the Meat is enough, put your ſauce upon the Coals, and put to it the Yolk of an Egg beaten, grated Nutmeg, and ſweet butter; Diſh your Mutton, and pour in your Oyſters, Sauce and all upon it, Garniſhing your Diſh

Diſh with Limons and Barberries.

193. *A Rare Broath.*

Take a couple of Cocks, and cut off their Wings and Legs, and waſh them clean, and par-boyl them very well, till there riſe no ſcum, then waſh them again in fair water; then put them in a Pitcher with a pint of Rheniſh Wine, and ſome ſtrong Broath, as much as will cover them, together with a little China-Root, an Ounce or two of Harts-horn, with a few Cloves, Nutmeg, large Mace, Ginger ſhred, and whole Pepper, and a little Salt; ſtop up your Pitcher cloſe, that no ſteam may come out; boyl the Pitcher in a great pot of water about ſix hours, then pour out the broath, and ſtrain it into a Baſon, and ſqueeze into it the juice of two or three Limons, and ſo eat it.

194. *To bake Sweetbreads.*

Boyl your Sweetbreads, and put to them the Yolks of two Eggs, new laid, grated bread, with ſome par-boyled Currans, and three or four Dates minced; and when you have ſeaſoned it lightly with Pepper, Sugar, Nutmeg, and Salt, put

put to it the juice of a Limon; put up all these together into Puff-paste, and so bake it.

195. *To make Pottage of* French-*Barley.*

Pick your Barley very clean from dirt, and dust, then boyl some Milk, and put it in while it boyls; when it is well boyled, put in a little salt, sugar, large Mace, and a little Cream; and when you have boyl'd it pretty thick, Dish it, and serve it up with Sugar scraped thereon.

196. *To boyl a Hanch of Venison.*

First, stuff your Venison with a handful of sweet Herbs and Parsley minced with a little Beef-suet, and some Yolks of Eggs boyled hard; season your stuffing with Nutmeg, salt, and Ginger; having powdered your Hanch, boyl it, afterwards boyl up two or three Colliflowers in strong broath, adding to it a little Milk; when they are boyled, put them into a Pipkin, and put to them drawn butter, keeping them warm; then boyl up two or three handfuls of Spinage in the same

ſame Liquor; when it is boyled up, pour out part of your Broath, and put to it a little Vinegar, a Ladle-ful of ſweet butter, and a grated Nutmeg; your Diſh being ready with Sippets on the bottom, put the Spinage round the ſides of your Diſh; when the Veniſon is boyled, take it up, and put it in the middle of the diſh, lay your Colliflowers over it, pour on ſweet Butter over that, Garniſh it with Barberries, and ſome Parſley minced round the brims of the Diſh.

197. *To make a Florentine of Sweet-breads, or Kidneys.*

Take three or four Kidneys, or Sweet-breads, and when they are par-boyled, mince them ſmall; ſeaſon it with a little Cinamon and Nutmeg, ſweeten it with ſugar and a little grated bread, with the Marrow of two or three Marrow-bones in good big pieces, add to theſe about a quarter of a pound of Almond-paſte, and about half a pint of *Malaga* Sack, two ſpoonfuls of Roſe-water, and Musk and Amber-greece, of each a grain, with a quarter of a pint of Cream, and three or four Eggs; mix all together, and make it

it up in puff-paſte, then bake it; in three quarters of an hour it will be enough.

198. *To ſtew a Rump of Beef.*

Seaſon your Beef with ſome Nutmeg grated, together with ſome ſalt and pepper, ſeaſon it on the bony ſide, and lay it in the Pipkin with the Fat ſide downward; then take two or three great Onions, and a bunch of Roſemary tyed up together with three pints of Elder-Vinegar, and three pints of Water; ſtew all theſe three or four hours together in a pipkin, cloſe covered over a ſoft Fire; Diſh it upon Sippets, blowing off the Fat from the Gravy, put ſome of the Gravy to the Beef, and ſerve it up.

199. *To make Pottage of a Capon.*

Take Beef and Mutton, and cut it into pieces; then boyl a large Earthen pot of Water, take out half the water, put in your Meat, and skim it, and when it boyls ſeaſon it with Pepper and ſalt; when it hath boyled about two hours, add four or five Cloves, half an hour before you think it

it is enough, put in your Herbs, Sorrel, Purſlain, Burrage, Lettuce, and Bugloſs, or green Peaſe; and in the Winter, parſley-Roots, and white Endive; pour the Broath upon light bread toaſted, and ſtew it a while in the Diſh covered. If your water conſume in boyling, fill it up with water boyling hot. The leſs there is of the broath, the better it is, though it be but a porringer-full, for then it would be as ſtiff as Jelly when it is cold.

200. *To make a Pye with pippins.*

Pare your pippins, and cut out the Cores; then make your Coffin of Cruſt, take a good handful of Quinces ſliced, and lay at the bottom, then lay your pippins a top, and fill the holes where the Core was taken out with ſyrup of Quinces, and put into every pippin a piece of Orangado, then pour on the top ſyrup of Quinces, then put in ſugar, and ſo cloſe it up; let it be very well baked, for it will ask much ſoaking. eſpecially the Quinces.

201. *To boyl Pigeons, the* Dutch *way.*

Lard, and ſet your Pigeons, put them into a Pipkin, with ſome ſtrong broath made of Knuckles of Veal, Mutton, and Beef, let them be cloſe covered, and when they are ſcumm'd, put in a Faggot of ſweet Herbs, a handful of Capers, and a little large Mace, with a few Raiſins of the Sun minced very ſmall, about ſix Dates quartered, a piece of butter, with two or three Yolks of hard Eggs minced, with a handful of Grapes, or Barberries; then beat two Yolks of Eggs with Verjuice and ſome white-bread, a Ladle-full of ſweet Butter, and a grated Nutmeg; ſerve it upon Sippets.

202. *To make Excellent Black-puddings.*

Beat half a ſcore Eggs, the Yolks and Whites together very well; then take about a quart of Sheeps-blood, and as much Cream; when you have ſtirred all this well together, thicken it with grated bread, Oatmeal finely beaten, of each a like

like quantity; add to these some Marrow in little lumps, and a little Beef-suet shred small, season it with Nutmeg, Cloves, Mace mingled with Salt, a little sweet Marjoram, Thyme, and Penny-royal shred very well together; mingle all together, put to them a few Currans, cleanse your Guts very well, fill them, and boyl them carefully.

203. *To make a Pye of Neats-Tongues.*

Par-boyl a couple of Neats-Tongues, then cut out the Meat at the Root-end as far as you can, not breaking it out at the sides; take the Meat you cut out, and mingle it with a little suet, a little Parsley, and a few sweet Herbs, cut all very small, and mingled together; season all this with Ginger, Cloves, Mace, Pepper, Salt, and a little grated bread, and as much Sugar, together with the Yolks of three or four Eggs; make this up together, and season your Tongues, in-side, and out-side, with your seasoning afore-said, and wash them within with the Yolk of an Egg, and force them where you cut forth the Meat, and what remains make into a

forc'd

forc'd; then make your Paſte into the Faſhion of a Neats-Tongue, and lay them in with Puddings, and little Balls, then put to them Limon and Dates ſhred, and butter on the top, and cloſe it; when it is baked, put in a lear of the Veniſon-ſauce, which is Claret-wine, Vinegar, grated bread, Cinamon, Ginger, Sugar, boyl it up thick, that it may run like butter, and let it be ſharp and ſweet, and ſo ſerve it.

204, *To ſtew a Breaſt, or Loyn of Mutton.*

Joynt either your Loyn or Breaſt of Mutton well, draw it, and ſtuff it with ſweet Herbs, and Parſley minced; then put it in a deep ſtewing-diſh with the right ſide downward, put to it ſo much White-wine and ſtrong Broath as will ſtew it, ſet it on the Coals, put to it two or three Onions, a bundle of ſweet Herbs, and a little large Mace; when it is almoſt ſtewed, take a handful of Spinage, Parſley, and Endive, and put into it, or elſe ſome Gooſeberries and Grapes; in the Winter time, Samphire and Capers; add theſe at any time: Diſh up your Mutton, and put

put by the Liquor you do not uſe, and thicken the other with Yolks of Eggs and ſweet butter, put on the ſauce and the Herbs over the Meat; Garniſh your Diſh with Limon and Barberries.

205. To *make a Sallet of Green Peaſe.*

Cut up as many green Peaſe as you think will make a Sallet, when they are newly come up about half a Foot high; then ſet your Liquor over the Fire, and let it boyl, and then put them in; when they are boyled tender put them out, and drain them very well; then mince them, and put in ſome good ſweet butter, ſalt it, and ſtir it well together, and ſo ſerve it.

206. To *make a Sallet of Fennel.*

Cut your Fennel while it is Young, and about four Fingers high, tye it up in bunches like Aſparagus; gather enough for your Sallet, and put it in when your water is boyling hot, boyl it ſoft, drain it, Diſh it up with Butter, as the green Peaſe.

207. To

207. *To make a Tanſie of Spinage.*

Take a quart of Cream, and about twenty Eggs, without the Whites, add to it Sugar and grated Nutmeg, and colour it green with the juice of Spinage; then put it in your Diſh, and ſqueeze a Limon or two on it; Garniſh it with ſlices of Orange, then ſtrew on Sugar, and ſo ſerve it.

208. *To make a Haſh of a Duck.*

When your Ducks are Roaſted, take all the Fleſh from the Bones, and haſh it very thin; then put it into your ſtewing-pan with a little Gravy, ſtrong Broath, and Claret-wine, put to it an Onion or two minced very ſmall, and a little ſmall Pepper; let all this boyl together with a little Salt, then put to them about a pound of Sauſages, when you think they are ready, ſtir them with a little Butter drawn: Garniſh it with Limon, and ſerve it.

209. *To make* French *Puffs with Green Herbs.*

Take a quantity of Endive, Parſley, and Spinage, and a little Winter-Savoury, and when you have minc'd them exceeding ſmall, ſeaſon them with Sugar, Ginger, and Nutmeg; beat as many Eggs as you think will wet your Herbs, and ſo make it up; then pare a Limon and cut it in thin ſlices, and to every ſlice of Limon put a ſlice of your prepared ſtuff, then fry it in ſweet butter, and ſerve them in Sippets, after you have put to them either a Glaſs of Canary, or White-wine.

210. *To make Excellent ſtewed Broath.*

Take a Leg of Beef, boyl it well, and ſcum it clean, then take your Bread and ſlice it, and lay it to ſoak in your Broath, then run it through a ſtrainer, and put as much into your Broath as will thicken it; when it hath boyled a pretty while, put in your Pruans, Raiſins, and Currans, with Cinamon, Cloves, and Mace beaten; when your Pruans are boyled, take them up,

up, and run them also through a strainer, as you did the bread, then put in half a pint of Claret, then let it boyl very well, and when it is ready, put to it Rose-water and Sugar, and so serve it.

211. *To Stew a Dish of Breams.*

Take your Breams, and dress them, and dry them well, and salt them; then make a Charcoal Fire, and lay them on the Grid-Iron over the Fire being very hot; let them be indifferent brown on both sides, then put a Glass of Claret into a Pewter Dish, and set it over the Fire to boyl, put into it two or three Anchovies, as many Onions, and about half a pint of Gravy, a pint of Oysters, with a little Thyme minced small; when it hath boyled a while, put to it a little melted Butter and a Nutmeg. Then Dish your Bream, and pour all this upon it, and then set it again on the Fire, putting some Yolks of Eggs over it.

212. To *boyl a Mullet.*

Having ſcalled your Mullet, you muſt ſave their Livers and Roes, then put them in water boyling hot, put to them a Glaſs of Claret, a bundle of ſweet Herbs, with a little Salt and Vinegar, two or three whole Onions, and a Limon ſliced; then take ſome whole Nutmegs and quarter them, and ſome large Mace, and ſome Butter drawn with Claret, wherein diſſolve two or three Anchovies; Diſh up your Fiſh, and pour on your Sauce, being firſt ſeaſoned with Salt: Garniſh your Diſhes with fryed Oyſters and Bay-leaves; and thus you may ſeaſon your Liquor for boyling moſt other Fiſh.

213. To *Farce, or ſtuff a Fillet of Veal.*

Take a large Leg of Veal, and cut off a couple of Fillets from it, then mince a handful of ſweet Herbs, and Parſley, and the Yolks of two or three hard Eggs; let all theſe be minced very ſmall, then ſeaſon it with a couple of grated Nutmegs, and a little Salt, and ſo Farce, or ſtuff your Veal

Veal with it, then Lard it with Bacon and Thyme very well, then let it be Roasted, and when it is almost enough, take some of your stuffing, about a handful, and as many Currans, and put these to a little strong broath, a Glass of Claret, and a little Vinegar, a little Sugar, and some Mace; when your Meat is almost ready, take it up, and put it into this, and let it stew, putting to it a little Butter melted, put your Meat in your Dish, and pour your Sauce upon it, and serve it.

214. *To make a Pudding of Oatmeal.*

Take a quart of Milk, and boyl it in a Skillet, put to it a good handful of Oatmeal beat very small, with a stick or two of Cinamon, and Mace; put in this Oatmeal as much as will thicken it, before the Milk be hot, then keep it stirring, and let it boyl for about half an hour, putting into it a handful of Beef-suet minced very small, then take it off, and pour it into a Dish, and let it stand to cool, if it be too thick, put to more Milk, then put in a Nutmeg grated, a handful of Sugar, with three or four Eggs beaten, and some Rose-

water,

water, then rub the Dish within with butter, and pour out your Pudding into it; let it be as thin as Batter, let it bake half an hour, scrape Sugar on it, serve it up.

215. To *make a pudding of Rice.*

Take a good handful of Rice beaten small, and put it into about three pints of Milk, adding a little Mace and Cinamon, then boyl it, keeping it always stirring, till it grow thick, then put a piece of Butter into it, and let it boyl a quarter of an hour, then pour it out to cool, then put to it half a dozen Dates minced, a little Sugar, a little beaten Cinamon, and a couple of handfuls of Currans, then beat about half a score Eggs, throwing away two or three of the whites, put in some salt, butter the bottom of your Dish, pour in your Pudding, bake it as before, put on a little Rose-water and sugar, and serve it.

216. To *make a Florentine of Spinage.*

Take a good quantity of Spinage, to the quantity of two Gallons, set your water over the Fire, and when it boyls very

high, put in your Spinage, and let it remain in a little while, then put it out into a ſtrainer, and let it drain very well, and ſqueeze out all the water, then take it and mince it ſmall with a Candyed Orange-peel or two, add to it about three quarters of Currans boyled alſo, ſeaſon it with Salt, Ginger beaten, Cinamon, and Nutmeg; then lay your Paſte thin in a Diſh, and put it in, adding Butter and Sugar, cloſe it up, prick it with holes, and bake it; when it is nigh baked, put into it a Glaſs of Sack, and a little melted Butter and Vinegar, ſtir it together with your Knife, ſcrape Sugar upon it, and ſerve it.

217. To *make a* Tanſey *of Cowſlips.*

Take your Cowſlips or Violets, and pound them in a Wooden or Marble Mortar, put to them about twelve Eggs, with three or four of the whites taken out, about a pint of Cream, a quartern of white Sugar, Cinamon beaten ſmall, Nutmeg, and about a handful of grated bread, with a little Roſe-water; then take all theſe together, and put them in a skillet with a little Butter, and ſet them over the Fire,

Fire, ſtirring it till it grow thick; then put your Frying-pan on the Fire, and when it is hot, put ſome Butter into it, and then put in your Tanſey; when you think it enough of one ſide, butter a Pewter Plate, and turn it therewith; when it is Fryed, ſqueeze on a Limon, ſcrape on Sugar, Garniſh it with Oranges quartered, and ſerve it.

218. To *make Excellent white puddings.*

Take the humbles of a Hog, and boyl them very tender, then take the Heart, the Lights, and all the Fleſh about them, picking them clean from all the Sinewy skins, and then chop the Meat as ſmall as you can, then take the Liver, and boyl it hard, and grate a little of it and mingle therewith, and alſo a little grated Nutmeg, Cinamon, Cloves, Mace, Sugar, and a few Carraway-ſeeds, with the yolks of four or five Eggs, and about a pint of the beſt Cream, a Glaſs of Canary, and a little Roſe-water, with a good quantity of Hogs-ſuet, and ſalt; make all into Rouls, and let it lye about an hour and half before you put it in the Guts, laying

the Guts asteep in Rose-water before, boyl them, and have a care of breaking them

219. To *stew Flounders.*

Draw your Flounders, and wash them, and scorch them on the white side, being put in a Dish, put to them a little White-wine, a few minced Oysters, some whole Pepper, and sliced Ginger, a few sweet Herbs, two or three Onions quartered, and Salt; put all these into your stewing-pan, covered close, and let them stew as soon as you can, then Dish them on Sippets; then take some of the Liquor they were stewed in, put some butter to it, and the Yolk of an Egg beaten, and pour it on the Flounders; Garnish it with Limon, and Ginger beaten on the brims of the Dish.

220. To *draw Butter for Sauce.*

Cut your Butter into thin slices, put it into your Dish, let it melt leisurely upon the Coals, being often stirred; and after it is melted, put to it a little Vinegar, or fair water, which you will, beat it up till it be thick, if it keep its colour white,

white, it is good; but if yellow and turn'd, it is not to be uſed.

221. To *Roaſt a Salmon whole.*

Draw your Salmon at the Gills, and after it is ſcaled, waſht, and dry'd, Lard it with pickled Herring, or a fat Eel ſalted; then take about a pint of Oyſters parboyled, put to theſe a few ſweet Herbs, ſome grated bread, about half a dozen hard Eggs, with a couple of Onions; ſhred all theſe very ſmall, and put to it Ginger, Nutmeg, Salt, Pepper, Cloves, and Mace; mix theſe together, and put them all within the Salmon at the Gills: put them into the Oven in an Earthen pan, born up with pieces of Wood, in the bottom of the Diſh, put Claret-wine, and baſte your *S*almon very well over with Butter before you put it in the Oven; when it is drawn, make your *S*auce of the Liquor that is in the pan, and ſome of the ſpawn of the *S*almon boyled with ſome melted Butter on the top; ſtick him about with Toaſts and Bay-leaves fryed, take out the Oyſters from within, and Garniſh the Diſh therewith.

222. *To make Excellent Sauce for Mutton, either Chines, Legs, or Necks.*

Take half a dozen Onions ſhred very ſmall, a little ſtrong Broath, and a glaſs of White-wine; boyl all theſe well together: Then take half a pint of Oyſters, and mince them, with a little Parſley, and two or three ſmall bunches of Grapes, if in ſeaſon, with a Nutmeg ſliced, and the Yolks of two or three Eggs; put in all theſe together with the former, and boyl it, and pour it all over your Meat, and then pour ſome melted Butter on the top, and ſtrew on the Yolks of two or three hard Eggs minced ſmall.

223. *Another good Sance for Mutton.*

Take a handful of Pickled Cucumbers, as many Capers, and as much Samphire; put them into a little Verjuice, White-wine, and a little ſtrong Broath, and a Limon cut in ſmall pieces, and a little Nutmeg grated; let them boyl together, and then beat them up thick, with a Ladle-

ful

ful of Butter melted, and a couple of Yolks of Eggs, and a little Sugar; Diſh your Meat upon Sippets, pour on your ſauce, and Garniſh it with Samphire, Capers, and Barberries.

224. *To make Sauce for Turkies, or Capons.*

Take a two-penny white loaf, and lay it a ſoaking in ſtrong broath, with Onions ſliced therein; then boyl it in Gravy, together with a Limon cut in ſmall pieces, a little Nutmeg ſliced, and ſome melted, put this under your Turky, or Capon, and ſo ſerve it; you will find it Excellent Sauce.

Becauſe many Books of this Nature have the Terms of Carving added to them, as being neceſſary for the more proper Nominating of things; I have thought good alſo to add them: As alſo ſome Bills of Fare, both upon Ordinary, and Extraordinary Occaſions.

Terms of Carving, both Fiſh, Fowl, and Fleſh.

Allay a Pheaſant.
Barb a Lobſter.
Border a Paſty.
Break a Deer, or Egript.
Break a *S*arcel, or Teal.
Chine a *S*almon.
Culpon a Trout.
Cut up a Turky, or Buſtard.
Diſ-member that Heron.
Diſplay that Crane.
Diſ-figure that Peacock.
Fin that Chevin.
Leach that Brawn.
Lift that *S*wan.

Mince that Plover.
Rear that Goose.
*S*auce a Capon, or Tench.
*S*auce a Plaice, or Flounder.
*S*ide that Haddock.
*S*play that Bream.
*S*plat that Pike.
*S*poil that Hen.
*S*tring that Lamprey.
Tame a Crab.
Thigh a Pigeon, and Woodcock, and all manner of ſmall Birds.
Timber the Fire.
Tire an Egg.
Tranch that *S*turgeon.
Tranſon that Eel.
Truſh that Chicken.
Tusk a Barbel.
Unbrace a Mallard.
Under-tench a Porpuſs.
Unjoynt a Bittern.
Unlace a Coney.
Untach that Curlew
Untach that Brew.

Particular

Particular Directions how to Carve, according to the former Terms of Carving.

Unlace that Coney.

LAY your Coney on the Back, and cut away the Vents, then raiſe the Wings, and the ſides, and lay the Carkaſs and ſides together; then put to your ſauce, with a little beaten Ginger and Vinegar.

Thigh a Woodcock.

Raiſe the Legs and Wings of the Woodcock, as you would do of a Hen, then take out the Brains, and no other ſauce but ſalt.

Allay a Pheasant.

Raise the Legge and Wings of the Pheasant, as of a Woodcock, as also of a Snite and a Plover, and only salt.

Display a Crane.

Unfold the Legs of the Crane, and cut off his Wings by the Joynts; then take up his Wings and Legs, and make sauce of Mustard, salt, Vinegar, and a little beaten Ginger.

To cut up a Turkey.

Raise up the Leg very fair, and open the Joynt with the point of your Knife, but cut it not off; then lace down the Breast with the point of your Knife, and open the Breast Pinion, but take it not off, then raise up the merry-thought betwixt the Breast-bone and the top, then lace down the Flesh on both sides the Breast-bone, and raise up the Flesh, called the Brawn, and turn it outward upon both sides, but break it not, nor cut it off, then cut off the Wing-Pinions at the Joynt next

next the Body, and ſtick in each ſide the Pinion in the place you turned out the Brawn, but cut off the ſharp end of the Pinion, and take the middle piece, and that will fit juſt in the place; you may cut up a Capon, or Pheaſant the ſame way.

Break a Sarcel, or Teal, or Egript.

Raiſe the Legs and Wings of the Teal, and no ſauce but ſalt.

Wing a Partridge, or Quail.

Raiſe his Legs and Wings, as of a Hen, and if you mince him, make ſauce with a little White-wine, and a little beaten Ginger, keeping him warm upon a Chafing-diſh of Coals, till you ſerve him.

To untach a Curlew, or Brew.

Take either of them, and Raiſe their Legs, as before, and no ſauce but ſalt.

To Unbrace a Mallard.

Raiſe up the Pinion and Legs, but take them not off, and raiſe the merry-thought from the Breaſt, and lace down each ſide with your Knife, waving it two and fro.

To Sauce a Capon.

Lift up the Right Leg of the Capon, and alſo the Right Wing, and ſo lay it in the Diſh in the poſture of Flying, and ſo ſerve them; but remember, that Capons and Chickens be only one ſauce, and Chickens muſt have green ſauce, or Verjuice.

Bills

Bills of Fare for all times of the Year; and alſo for Extraordinary Occaſions.

A Bill of Fare for the Spring Seaſon.

1. A Collar of Brawn and Muſtard.
2. A Neats-Tongue and Udder.
3. Boyled Chickens.
4. Green Geeſe.
5. A Lumbard-Pye.
6. A Diſh of Young Rabbits.

Second Courſe.

1. A Haunch of Veniſon.
2. Veal Roaſted.
3. A Diſh of Soles, or Smelts.
4. A Diſh of Aſparagus.
5. Tanſie.
6. Tarts and Cuſtards.

A Bill of Fare for Midſomer.

1. A Neats-Tongue and Colliflowers.
2. A Fore-Quarter of Lamb.
3. A Chicken-Pye.
4. Boyled Pigeons.
5. A couple of ſtewed Rabbits.
6. A Breaſt of Veal Roaſted.

Second Courſe.

1. A Artichoak-Pye.
2. A Veniſon-Paſty.
3. Lobſters and Salmon.
4. A Diſh of Peaſe.
5. A Gooſeberry-Tart.
6. A Diſh of Strawberries.

A Bill of Fare for Autumn, or Harveſt.

1. A Capon and white Broath.
2. A *Weſtphalia* Ham, with Pigeons.
3. A Grand Sallet.
4. A Neats-Tongue and Udder Roaſted.
5. A powdered Gooſe.
6. A Turkey Roaſted.

Second

Second Courſe.

1. A Potato, or Chicken Pye.
2. Roaſted Patridges.
3. Larks and Chickens.
4. A Made Diſh.
5. A Warden Pye, or Tart.
6. Cuſtards.

A Bill of Fare for Winter Seaſon.

1. A Collar of Brawn.
2. A Lambs Head and white Broath.
3. A Neats-Tongue and Udder Roaſted.
4. A Diſh of Minc'd Pyes.
5. A Veniſon, or Lamb-Pye.
6. A Diſh of Chickens.

Second Courſe.

1. A Side of Lamb.
2. A Diſh of Wild-Ducks.
3. A Quince-Tart.
4. A Couple of Capons Roaſted.
5. A Turkey Roaſted.
6. A Diſh of Cuſtards.

A Bill of Fare upon an Extraordinary Occasion.

1. A Collar of Brawn.
2. A Couple of Pullets boyled.
3. A bisk of Fish.
4. A Dish of Carps.
5. A Grand boyled Meat.
6. A Grand Sallet.
7. A Venison Pasty.
8. A Roasted Turkey.
9. A Fat Pig.
10. A powdered Goose.
11. A Haunch of Venison Roasted.
12. A Neats-Tongue and Udder Roasted.
13. A *Westphalia* Ham boyled.
14. A Joll of Salmon.
15. Minced Pyes.
16. A Sur-Loyn of Roast beef.
17. Cold baked Meats.
18. A Dish of Custards.

Second Course.

1. Jellies of all sorts.
2. A Dish of Pheasants.
3. A Pike boyled.
4. An Oyster-Pye.

5. A

5. A Diſh of Plovers.
6. A Diſh of Larks.
7. A Joll of Sturgeon.
8. A couple of Lobſters.
9. A Lumber-Pye.
10. A Couple of Capons.
11. A Diſh of Patridges.
12. A Fricacie of Fowls.
13. A Diſh of Wild-Ducks.
14. A Diſh of cram'd Chickens.
15. A Diſh of ſtewed Oyſters.
16. A Marchpane.
17. A Diſh of Fruits.
18. A Diſh of Tarts.

A Bill of Fare for Fiſh-days.

1. A Diſh of Butter and Eggs.
2. A Barrel of Oyſters.
3. A Pike boyled.
4. A ſtewed Carp.
5. An Eel-Pye.
6. A Pole of Ling.
7. A Diſh of green Fiſh buttered with Eggs.
8. A Diſh of ſtewed Oyſters.
9. A Spinage Sallet boyled.
10. A Diſh of Soles.

11. A

11. A Joll of Freſh Salmon.
12. A Diſh of Smelts Fry'd.

Second Courſe.

1. A Couple of Lobſters.
2. A Roaſted Spitchcock.
3. A Diſh of Anchovies.
4. Freſh Cod.
5. A Bream Roaſted.
6. A Diſh of Trouts.
7. A Diſh of Plaice boyled.
8. A Diſh of Perches.
9. A Carp Farced.
10. A Potato-Pye.
11. A Diſh of Prawns buttered.
12. Tenches with ſhort Broth.
13. A Diſh of Turbut.
14. A Diſh of Eel-pouts.
15. A Sturgeon with ſhort broth.
16. A Diſh of Tarts and Cuſtards.

A *Bill of Fare for a Gentlemans Houſe about* Candlemas.

1. A Pottage with a Hen.
2. A *Chatham*-pudding.
3. A Fricacie of Chickens.
4. Leg of Mutton with a Sallet.
Garniſh your Diſhes with Barberries.

Second Courſe.

1. A Chine of Mutton.
2. A Chine of Veal.
3. A Lark-pye.
4. A Couple of Pullets, one Larded.
Garniſhed with Orange-ſlices.

Third Courſe.

1. A Diſh of Woodcocks.
2. A Couple of Rabbits.
3. A Diſh of Aſparagus.
4. A *Weſtphalia* Gammon.

Laſt Courſe.

1. Two Orange-Tarts, one with Herbs.
2. A Bacon-Tart.

3. An

3. An Apple-Tart.
4. A Diſh of Bon-Chriteen-pears.
5. A Diſh of Pippins.
6. A Diſh of Pear-mains.

A Banquet for the ſame Seaſon.

1. A Diſh of Apricots.
2. A Diſh of Marmalade of pippins.
3. A Diſh of preſerved Cherries.
4. A whole red Quince.
5. A Diſh of dryed Sweet-meats.

FINIS.

A TABLE TO THE Art of Preſerving, Conſerving, and Candying.

A.

Almond-Butter. Pag. 7
Almond-Caudle. 69.
Almond-Milk. 10.
Angellets to make. 15
Angelica-Roots preſerved. 30
Angelica water. 23
Apricot-Cakes. 48
Apricots preſerved. 10
Aqua Compoſita. 35
Aqua Micabulis. 12
Artichoak-bottoms pickled. 118
Artichoaks to pickle. 94
Artificial Claret-Wine. 38
Artificial Malmſey. 28
Artificial Oranges. 87
Artificial Walnuts. 81

B.

Banbury-Cakes. 54
Barberries Candyed. 75
Barberries preſerved. 76
Barley-Water. 34
Baum-water. 36
Biſket-Cakes to make. 36
Black-Cherry-Wine. 81
Braggett to make. 122
Broom-buds to pickle. 36
Burrage-flowers to Candy 47
Dr. *Burges* Plague-water. 40.

C.

Cakes of Limon. 80
Capon-water. 83
Carraway Cake. 91
Candying Pears, Plums, and Apricots. 8
Caudle of great Virtue. 66
Cherries to Candy. 70
Cherries dryed in the Sun. 41
Cherries preſerved. 4

Cherry-

Cherry-Wine. 13
Cherries to dry. 24
Cheſnuts kept all the year. 79
China-broath. 84
Chips of Quinces. 101
Cryſtal Jelly to make. 45
Cinamon Sugar. 74
Cinamon-water. 2
Clove-gilly flowers to pickle. 72
Comfortable Syrup. 69
Confits of all ſorts to make. 112
Conſerve of Barberries. 2
Conſerve of Burrage-flowers. 43
Conſerve of Bugloſs flowers. 101
Conſerve of Damſons. 28
Conſerve of Oranges. 5
Conſerve of Prunes. 44
Conſerve of Quinces. 19
Conſerve of Roſes. 2
Conſerve of Roſemary. 22
Conſerve of Sage. 116
Conſerve to ſtrengthen the Back. 35
Conſerve of Strawberries. 44
Conſerves for Tarts all the Year. 49
Cock-Ale to make. 9
Cordial ſtrengthning breath. 77
Cream of Apricots. 76
Cream of Codlings. 8
Cream of Quinces. 9
Cream-Tarts. 8
Cornelians to pickle. 120
Cordial water of Clove gilly flowers. 92
Cucumbers to pickle. 8
Cucumbers preſerved green. 79
Cullice to make. 77
Currans preſerved. 14
Currans-Wine. 115

D.

Damask-water. 57
Damſons preſerved. 7
Dr. *Deodates* drink for the Scurvy. 35
Date-Leach. 62
Dry Vinegar to make. 62

E.

Elder-Vinegar. 83
Elecampane-Roots Candyed. 74
Eringo Roots Candyed. 73
Excellent Broth. 15
Excellent Hippocras preſently. 37
Excellent Jelly. 10
Excellent Surfeit-water. 93
Excellent ſweet water. 40

F

Fine Cakes. 56
Flomery-Caudle. 97
French Beans to pickle. 10
French Bisket to make. 27
Fruits dryed. 10
Fruits preſerved all the year. 97

G.

Ginger to Candy. 43
Ginger-bread to make. 55
Gooſeberry-Cakes. 14
Gooſeberry paſte. 102
Gooſeberries preſerved. 29
Grapes to Candy. 78
Grapes preſerved. 13

Hartichoaks

H.

Hartichoaks preſerved. 53
Hippocras to make. 6
Honey of Mulberries. 107
Honey of Raiſins. 108
Honey of Roſes. 20
Hydromel to make. 95

I

Jelly of Almonds white. 63
Jelly of Apples. 121
Jelly of Currans. 106
Jelly of Harts-horn. 16
Jelly of Quinces. 105
Jelly of Strawberries and Mulberries. 46
Jelly of Gooſeberries. 121
Jelly of Raſpices. 111
Imperial Water. 59
Italian Biſket. 27
Italian Marmalade. 122
Jumbals to make. 61

K.

Kings perfume. 22
K. *Edwards* perfume. 22

L.

Leach of Almonds. 72
Leach Lumbard. 57
Leach to make. 50
Limon and Orange-peel pickled. 102
Lozenges of Roſes. 101

M.

Manus Chriſti. 41
Marmalade of Cherries. 96
Marmalade of Currans. 88
Marmalade of Grapes. 119
Marmalade of Oranges. 119
Marmalade of Oranges and Limons. 23
Marmalade of Quinces. 6
Mackroons to make. 4
Marchpane to make. 9
Marygolds Candyed in wedges. 73
Mathiolus Bezoar water. 88
Mead, or Metheglin to make 25
Mead pleaſant to make. 89
Medlars preſerved. 99
Mint-water. 93
Muſcadine Comfits. 42
Musk-balls to make. 58
Musk-Sugar. 103
Mulberries preſerved. 99

N.

Naples-Biſket to make. 100
Nutmegs to Candy. 114

O.

Oranges and Limons Candyed. 25
Oranges to bake. 28
Orange-peels Candyed. 63
Oranges preſerved. 9
Oranges preſerved *Portugal* Faſhion. 25
Orange-water. 65
Oyl of Sweet Almonds. 18
Oyl of Violets. 9

P.

Paſte of Apricots. 117
Paſte of Cherries. 116
Paſte of *Genua.* 50
Paſte of Quinces. 55
Paſte Royal. 47
Paſte of tender Plums. 85
Paſte of Violets. 63
Peaches preſerved. 29
Pears or Plums to Candy. 18
Perfume for Gloves. 33
Pippins dryed. 49
Pippins preſerved green. 41
Pippins preſerved red. 64
Pippins preſerved white. 30
Plague-water. 109
Pome Citrons preſerved. 71
Pomander to make. 28
Pomatum to make. 18
Poppy-water. 87

Prince-Bisket. 104
Purslain to pickle. 13
Q.
Quiddany of Cherries. 24
Quiddany of Quinces. 51
Quiddany of Plums. 75
Queens perfume. 22
Quince-Cakes to make. 1
Quince-Cakes clear. 111
Quince-Cakes red. 110
Quince-Cakes white. 109
Quince-Cakes thin. 56
Quince-Cream. 76
Quinces preserved red. 7
Quinces preserved white. 3
Quinces to pickle. 108
R.
Rasberry-Cream. 94
Rasberry-Wine. 37
Raspices preserved. 3
Red Currans-Cream. 98
Red and white Currans pickled. 98
Rich Cordial. 98
Rose-leaves Candyed. 104
Rosemary-water. 7
Rosemary-flowers Candyed. 46
Roses preserved whole. 10
Rose-Vinegar. 8
Rose-water. 70
Rosa Solis to make. 4
S.
Snow-Cream. 9
Spirit of Amber greece 35
Spirit of Honey. 53
Spirit of Roses. 64
Spirit of Wine. 20
Dr. *Stephens* Water. 12
Steppony to make. 90
Strawberry Wine. 92
Spots out of Cloaths. 79
Suckets to make. 56
Suckets of green Walnuts. 7
Suckets of Lettuce-stalks. 10
Sugar-Cakes to make 78
Sugar-Leach. 61
Sugar of Roses. 86
Sugar-plate to make. 27
Surfeit-water. 66
Sweet Cakes without Sugar. 52
Sweet meat of Apples. 115
Sweet bags for Linnen. 52
Syllabub to make. 89
Symbals to make. 5
Syrup of Apples. 82
Syrup of Citron-peels. 32
Syrup of Cinamon. 32
Syrup of Comfrey. 108
Syrup of Cowslips. 23
Syrup of Elder. 65
Syrup of Clove gillyflowers. 5
Syrup of Harts-Horn. 33
Syrup of Hyssop. 42
Syrup of Licorise. 21
Syrup of Limons. 20
Syrup for the Lungs. 53
Syrup of Maiden-hair. 21
Syrup of Mints. 106
Syrup of Poppies. 19
Syrup of Purslain. 107
Syrup of Quinces. 31
Syrup of Roses. 68
Syrup of Saffron. 70
Syrup for short-wind. 67
Syrup of Sugar-candy. 67
Syrup against Scurvy. 68
Syrup of Violets. 6
Syrup of Wormwood. 19
Syrup of Vinegar. 82
Syder to make. 90
T.
Trifle to make. 74
Treacle-water to make. 31
V.
Verjuice to make. 60
Usquebah to make. 26

W.

Walnuts preſerved. 14
Walnut-water. 31
Waſhing-Balls to make. 59
Wafers to make. 13
Waters againſt Conſumptions. 34
Water againſt Fits of Mother. 18
Wormwood-wine. 52
Wormwood water. 55
White Damſons preſerved green. 80
White Leach of Cream. 71
White Mead. 100
Whipt Syllabub. 96

The Table to Phyſick, Beautifying Waters, and Secrets in Angling.

A.

Ach of the Joynts. 132
Ach or pain. 129
Ad Capiendum Piſces. 211
Ague in the Breaſt. 156
Agues in Children. 151
Ague to Cure. 129
Another. 132
Another. 140
Another. 140
Allom-water to make. 162

B.

Back to ſtrengthen. 130
Baits for Barbels. 230
Baits for Bream. 232
Baits for Carp or Tench. 229
Baits for Chub and Pike. 230
Baits for Eels. 231
Bait for Fiſh all the Year. 211
Baits for Gudgeons. 229
Bait with Gentles. 227
Baits for Perch. 225
Baits for Roch and Dace. 212
Baits for Salmon. 232
Baits for Trout. 228
Beauty to procure. 196
Beauty water for the Face. 197
Beauty-water, called, *Lac Virginis.* 198
Biting of a mad-Dog. 137
Blaſting to Cure. 152
Bleeding at the Noſe. 136
Bleeding of a Wound. 156
Bloody-flux, or Scowring. 154
Black Plaiſter for all griefs. 172
Bone or Quills dyed red for Fiſhing. 207
Breath to make ſweet. 191
Breath to ſweeten, another. 191

C.

Cancer to cure. 136
Cancer in a Womans Breaſt to cure. 155
Caps to fight for Fiſhing. 207

Cement for Floats to Fish. 207
Childblains in Hands or feet to cure. 194
Conception to procure. 143
Consumption to cure. 144
Cough dry to cure. 135
Cordial Julip. 147
Corns to cure. 166
Cramp to cure. 133

D.

Deafness to cure. 138
Deafness, another. 142
Delicate washing-ball. 191
Dentrifice to whiten the Teeth. 189
Drink to heal wounds. 169
Dropsie to cure. 138
Dropsie, another. 146

E.

Ears running to help. 191
Ears pained to cure. 138
Electuary of Life. 162
Excellent Beauty-water. 195
Excellent complexion to procure. 196
Excellent Cordial. 140
Excellent Salve. 152
Excellent wash for Beauty 195
Eyes blood shot. 191
Eye-water. 147

F.

Face and Skin to cleanse. 177
Face to Adorn. 177
Face to beautifie. 177
Face to look Youthful. 177
Face to make fair. 176
Face to make very fair. 179
Face pitted by the Small-pox. 183
Face to whiten. 181
Falling off of Hair to prevent 176
Falling-Sickness, or Convulsions. 134
Falling-Sickness, another. 145
Fevers or Agues in Children 130
Fellon to kill. 155
Fishing-Lines to make. 205
Fishing Lines to unloose in water. 210
Fits of the Mother. 148
Fistula, or Ulcer. 149
Fits of the Mother, a Julip. 153
Flowers to bring down. 165
Flowers to stay. 166
Flyes used in Angling, to make. 235
Flux red to cure. 155
Flux white to cure. 155
Freckles in the Face. 182
Freckles and Morphew. 188

G.

Gascoign Powder to make. 157
Gout to cure. 128
Gout, Lord *Dennies* Medicine. 159
Green-Sickness to cure. 138
Green-Sickness, a powder. 169
Griping of the Guts to cure. 128

H.

Hands to make white. 192
Hands to whiten. 198
Hands, a sweet water. 199
Hair to make grow. 174
Hair to grow thick. 174
Hair to make fair. 173
Hair to take away. 176
Head-ach to cure. 130
Heat of the Liver. 163
Heat and swelling in the Face. 185
Heat or Worms in the hands 199

I.

Jaundies black to Cure. 131
Jaundies yellow to Cure. 131
Impostume to break. 127
Inflamed Face to Cure. 185
Itch, or breaking out to cure. 167
Itch, another. 136

K.

C. Kunis Powder to make 132
Kings-Evil to cure. 137

L.

Lax, or Loosenes. 141
Lips chopt to cure. 193

M.

Marks of Small pox to prevent. 193
Megrim, or Impostume in the Head. 127
Mis-carrying to prevent. 134
Moist scabs after Small-pox. 165
Morphew or Scurff of Face or Skin. 181
Mouth to cleanse. 191

N.

Nails cloven to cure. 200
Nails that fall off. 200
Nails to make grow. 199
Nails rent from the Fleth. 200
Nostrils stinking to cure. 198

O.

Oyl of Fennel. 171
Oyl of St. *Johns* wort. 170
Oyl of Roses. 166
Oyntment green to make. 148
Oyntment for pimples in the face 186

P.

Paste for Fishing. 202
Piles to destroy. 136
Piles after Child-Birth. 167
Pimples in the Face to cure 185
Pimples in the Face, another 184
Plague to cure. 131
Plague-water. 146
Pleurisie to cure. 134
Pock-holes in the Face. 194
Pomatum to clear the skin. 187
Powder for Green-Sickness. 169

R.

Red Face to cure. 185
Redness, Hands and Face by Small pox 183
Redness to take away, another. 184
Rich Face to help. 186
Rheumatick Cough or Cold. 154
Rickets in Children. 149

S.

Scald Head, 146
Sciatica, or pains in the joynts 129
Scurvy to cure. 127
Scurvy, another. 142
Secrets in Angling, by J. D. 209
Shingles to cure. 149
Skin to clear. 187
Skin to smooth, and take away Freckles. 201
Skin to make white and clear. 180
Skin to make smooth. 180
Sore breast to cure. 144
Spitting of Blood. 156
Spleen to cure. 168
Sprain in the Back. 139
Dr. *Stephens* Water. 161
Stinking-breath to cure. 190
Stitch in the Side. 167
Stench under the Arm-holes 201
Stone and Gravel. 127

Sun-burn to take away 179
Swooning-fits 163

T.

Termes to provoke 154
Teeth to make white and Sound 189
Teeth to keep white and kill worms 190
Teeth white as Ivory 119
Teeth in children to breed easily 150
Toothach to cure 145
Tertian or double Tertian Ague 168
Thorn to draw out 170
Timpany to cure 153
Tiffick to cure 171

U.

Unguentum album to make 135

W.

Warts in the face or hands 201
Washing-ball to make 193
Water for eyesight by King Edward the 6. 158
Water for the eyes excellent 164
Water for sore eyes 139
Web in the Eye 165
Wen to cure 145
Dr. *Willoughbyes* water 161
Wind to help 145
Wind & flegun in Children 150
Woman in Travel 149
Woman soon delivered 150
Worms in Children 152
Worms in children another 135
Worms to cleanse for fishing 208
Wrinckles in the face 178
Whites to cure 135

Y.

Yellow Jaundies 201
Young children to go to stool 151

The Table to the Compleat Cooks Guid.

A.

Almond Cream 317
Almond pudding 317
Almond Tart 320
Apple pyes to fry 281
Artichoakes fryed 255
Artichoake Pye 274

B.

Bacon Tart 253
Barley broth 257
Beef pasty like red Deer 262
Beef to keep Sweet 298
Beef to Stew 333
Beef to stew French fashion 283

Black

Black Puddings 245
Birds to ſtew L. Butlers way 328
Biſket bread 244
Brawn tender & delicate 298

B.

Breams ſtewed 358
Breaſt or loyn mutton ſtewed 314
Breaſt of veal baked 289
Butter to draw for Sauce 364

C.

Calves foot Pye 312
Calves feet baked 344
Calves feet roaſted 280
Calves head baked 322
Capon or pullet boyld 269
Capon boyld with ſage and paſly 293
Capon boyld with Aſparagus 221
Capon boyld with ſugar peaſe 284
Capon boyld with white-broth 292
Capon or Chicken ſeveral Compoſitions 343
Carp Pye 316
Carp to ſtew 271
Chee cakes to make 242
Cheeſe freſh to make 274
Chine of beef poudered 286
Cherry Tart 310
Chicken Pye 316
Chucks of veal to bake 339
Citron pudding 300
Clowted Cream 296
Cods head to dreſs 287
Codling Tart 309
Cocks or Larks to boyl 331
Collops of beef ſtewed 262
Cows udder roaſted 308
Cowſlip Tart 321
Cream of Eggs 258
Cracknels to make 326
Cuſtards to make 278

D.

Damſon Tart 261
Diſh of marrow 244
Diſh of meat with herbs 257
Dutch pudding 282

E.

Eels to boyl 285
Eel Pye 305
Eel Pye with Oyſters 266
Eels to roaſt 330
Eels to Souſe 252
Egg Pye 243
Excellent mincet Pyes 334

F.

Peaſant ſtewed French faſhion 244
Fillet beef ſtewed Ital. faſhion 342
Fine pudding in a diſh 258
Flounders or Jacks to boyl 303
Flounders ſtewed 365
French barley poſſet 339
French pottage called Skink 294
Fricaſy of Chickens 265
Fricaſy of Rabbits 325
Fricaſy of Veal 270
Furmity to make 248

G.

Gooſe to bake 281
Gooſberry Cream 295
Grand ſallet 268
Green ſauce 275

H.

Haggis Pudding 257
Haunch of veniſon boyled 304
Haunch of veniſon roſted 254
Hare to roaſt 345
Haſh of a Capon or Pullet 285

Hen Carbonadoed 254
Herring Pye 245
Hotchpot to make 323
I.
Italian pudding 324
Iunket to make 327
L.
Lamb Pye 241
Leg of Pork broil'd 343
Limon Caudle 323
M.
Made dish of Apples 302
Mallard to stew 340
Marrow Pasties 275
Marrow puddings 272
Medler Tart 323
N.
Neats foot Pye 249
Neats Tongues to dry 328
Neats Tongues fryed 345
Neats Tongue-Pye 353
Neats Tongue & Udder 298
O.
Oatmeal pudding 360
Oysters to Pickle 332
P.
Pannado to make 299
Past for all Tarts 290
Pear or warden pye 306
Perch to boyl 284
Pig to bake Court fashion 336
Pig to souse 256
Pidgeon Pye to make 341
Pickarel to bake 236
Pippin Pye 351
Polonian Sausages 297
Pottage of a Capon 350
Pudding to bake 290
Pudding of Rice 361
Pudding of hogs liver 337
Puff-past to make 266
Q.
Quaking Pudding 295
Quince Pye 250
R.
Rabbits to bake 279
Rabbits to hash 273
Rabbits to stew 340
Rare broth 347
Rare Pudding 324
Rice Pudding 242
Rice Tart 309
Roast beef pickled 334
S.
Sallet of a cold hen 268
Sallet of green Pease 355
Salmon to boyl 263
Salmon to keep fresh 297
Sauce for mutton 366
Sack posset to make 273
Sauce for Pidgeons 307
Sauce for Turkys & Capons 367
Sauce for wildfowl 307
Sausages to make 282
Scotch Collops of Veal 276
Scollops to broil 259
Shoulder of mutton and Oysters 346
Spanish Oleo 246
Sparrows and Larks to boyl 291
Stewed broth to make 337
Sweet breads baked 347
T.
Tansey to make 313
Tansey of Cowslips 361
Tart of Spinage 309
Trout to stew 307
V.
Veal Pye to make 288
Venison Pasty 269
Venison to stew 247
Umble Pye 253
W.
watergruel to make 318
widgeons or Teal to boyl 288

FINIS.

250

279
273
340
347
324
242
309
334

268
355
263
297
366
273
307
Capons
367
307
282
1 276
259
nd Oy-
346
246
coboyl
291
: 357
347

313
363
309
307

288
260
247
253

318
oyl 288